HINTS TO EUROPEANS

IN TROPICAL STATIONS WITHOUT A DOCTOR AND TO TRAVELLERS IN WARM CLIMATES

BY

PROF. DR. HANS ZIEMANN

EDITED AND AMPLIFIED BY

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TRANSLATED BY

P. FALCKE

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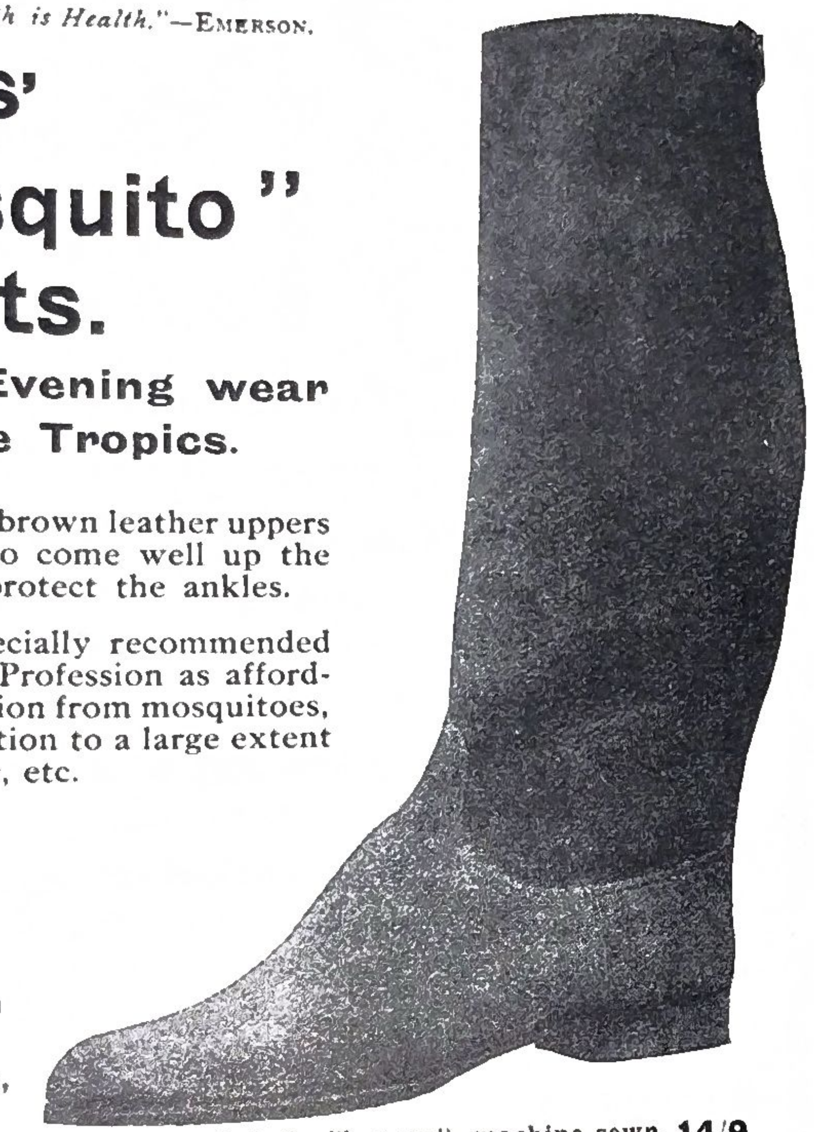

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BY

PROFESSOR DR. HANS ZIEMANN

Staff Surgeon, late Government Physician in Kamerun

EDITED AND AMPLIFIED BY

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TRANSLATED FROM THE GERMAN BY

P. FALCKE

Translator of Scheube's "Diseases of Warm Countries," Braun's "Animal Parasites of Man," &c

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PREFACE

THIS little book, published a short time ago by Professor Ziemann, of Kamerun, West Africa, well known for his many valuable contributions to the study of Tropical Medicine, for the benefit of those of his countrymen who were residing or travelling in German Colonies, has now been ably translated into English by Miss Pauline Falcke.

In order to render the work suitable for the needs of British Colonists and travellers, I have found it necessary to make several alterations and additions, whilst at the same time adhering as far as possible to the main points of advice so succinctly and clearly expressed by Professor Ziemann.

Many of the pharmaceutical preparations recommended in the original work were found to be practically unobtainable in England or her dependencies, and I have therefore taken the liberty of substituting in those cases the nearest English equivalent.

I have also added a few short notes on "Worms," "Milk Supply," "Water Supply," "Children in the Tropics," and "Dhobie Itch," which I trust may be considered to enhance the value of the book.

I am deeply indebted to Dr. Daniels, of the London School of Tropical Medicine, for many valuable suggestions, and to Miss Falcke for her very able translation.

In the hope that this little book may prove of benefit to those whose business or pleasures may take them to Tropical Countries, I venture to place it before the Public.

H. B. N.

LONDON.

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INTRODUCTION.

Dr. Newham has taken the trouble to amplify and render suitable for English Colonists Miss P. Falcke's translation of my Health Hints, which I originally compiled for the use of Colonists in Togo and Kamerun, German West Africa.

Dr. Newham has provided exceedingly valuable additional sections on Milk, Water Supplies, the Care of Children, and Parasitic Worms.

I am of opinion that short, precise hints for the preservation of health are far preferable to long dissertations which fail to impress themselves on the memory. I am convinced that Dr. Newham's work will prove of practical utility as an inexpensive little book containing advice in a concise form not hitherto obtainable.

H. Ziemann.

Duala, Kamerun,
West Africa.

Hints to Europeans in Tropical Stations without a Doctor, and to Travellers in Warm Countries.

GENERAL INFORMATION.

The peculiarities of a tropical climate are: Increased atmospheric heat and moisture with great uniformity of temperature, especially near the Equator.

The consequences are:—

(1) *Increased perspiration* (concentrated urine).

(2) *Increased thirst.*

(3) *A tendency to constipation* (through the thickening of the fluids of the body).

(4) *A somewhat increased activity of the heart.*

(5) *A tendency to plethora of the liver* (slight enlargement of the liver) caused by (3).

In order to counterbalance these effects, particular rules for living are necessary.

RULES.

(1) *Food.*—Moderation is essential. It is of great benefit to partake of fresh vegetables and fruits, and it is an advantage to lay out a kitchen garden. One must fight against indifference to, and prejudice against, tropical fruits, more especially pine-apples and papayas. There is a foolish superstition that pine-apples induce fever. Vegetable dishes, salads and jellies, etc., should be prepared from tropical plants. Dried fruits also, such as plums, cherries, apples and pears are usually very wholesome.

Europeans frequently eat too much, and partake of an excess of albuminous food (beef, etc.). They are also apt, even at breakfast, to eat such savouries as sardines, anchovies, etc., all of which induce thirst. Fresh food is always preferable to tinned goods.

Where at all possible, fishing and fish-eating should be encouraged, and where feasible it is well to breed one's own cattle and poultry. This is a good means of awakening one's interest in the country and its natives.

(2) *Drink.*—Too much drink must not be taken, *not even too much water* or *soda water*; the latter inflates the bowels. A strenuous note of warning must be sounded against all kinds of concentrated alcohol; too much coffee and strong tea should likewise be avoided. Alcohol retards the digestion of food and conduces gradually to weakness of the heart.

When constipation is present, medicine as a rule should be avoided, but some fruit should be eaten fasting and a glass of good pure water should be drunk. Light gymnastic exercises. In obstinate cases, an enema consisting of boiled water may be administered, one teaspoonful of salt being added to one quart of water. When these measures are not successful, one 2-grain cascara 'tabloid' should be taken each day after a meal. If necessary, the daily dose may be increased until a daily action of the bowels results, but not more than 6 grains should be taken three times a day. When the daily dose necessary to produce the desired effect has been found it should be continued for a few days and then slowly diminished, until in due time it may be discontinued altogether.

Fresh lemonade is recommended. In addition, light red and white wines mixed with boiled water or soda water may be partaken of.

Beer should never be taken, as it is frequently brewed too strong, and, in addition, often contains glycerine and other preservatives.

(3) *Sleep.*—A half hour's sleep after the midday meal is only admissible after strenuous work; otherwise some light reading and a small cup of coffee after lunch. Moreover, "early to bed and early to rise" should be the maxim.

(4) *Dwelling.*—The home must be kept clean, light and airy; the interior should be white-washed or colour-washed with very light tints. Mosquitoes like dark places.

A good mosquito-net, frequently examined to see that it is in thorough repair, should be arranged over and around the bed, and, when in use, tucked well in under the mattress. When possible, protection from mosquitoes should be sought by means of fine-meshed wire netting round the verandah; sitting-rooms and bed-rooms should be similarly protected by having the windows covered with the netting.

There should be no spreading plants, such as bushes and shrubs, round the house, neither should pools of water and cess-pits be allowed. Special facility must be afforded for the outflow of water. No empty tins, bottles, defective gutters, etc., must be near the house, as all these become breeding places for mosquitoes.

(5) *Clothing, Baths, and other Comforts.*—*Clothing* should be neither too light nor too heavy. It must be of loose texture. No starched shirts should be worn; canvas shirts are very good.

The lightest underwear is recommended. This may be of wool, if it does not irritate the skin, otherwise cotton or silk may be used. Garments made of cellular material are not to be recommended. Sensitive persons who have a tendency to intestinal catarrh should always wear abdominal belts.

Baths.—Warm are best. A shower or douche bath should be indulged in night and morning.

The greatest care of the teeth is necessary; they should be carefully brushed after every meal. The best dentifrice for this purpose is either chlorate of potash tooth paste or precipitated chalk. Fluid mouth washes are usually not strong enough.

SPECIAL INFORMATION.

CAUSES, PREVENTION AND TREATMENT OF ILLNESS.

No. 1.—MALARIA.

(*a*) *What Malaria is.*—Tiny organisms, only visible under the microscope, attack the red blood corpuscles of man and propagate in them. Each propagation corresponds to an attack of fever. As this increase of the malarial parasites is not always simultaneous, the attack of fever may persist for twenty-four hours, and even longer.

(*b*) *Causes of this Illness.*—The above-mentioned minute creatures are transmitted to man by means of the bite of certain mosquitoes (Anopheles). The infected persons are attacked by other Anopheles which, in turn, after a period of about sixteen days, are capable of transmitting the disease to other people.

Native children are very frequently attacked. About ten to twelve days as a rule, but sometimes much longer, after the bite of the infected malarial mosquitoes, the malarial fever breaks out.

(*c*) *Appearance and Conditions of Life of the Malarial Mosquitoes* (*Anopheles*).—These are usually small gnats with dark-spotted grey wings and a sword-shaped lancing proboscis, projecting straight from the head and in a line with the body. Whilst puncturing, the insects seem, as it were, to stand on their heads, extending the back pair of legs in the air.

They lay their eggs in small shallow puddles of water by the houses or in their vicinity. By preference they take up their abode in dirty, dark, badly ventilated rooms.

It is extremely dangerous to remain in or near the huts of natives during the evenings, or at night-time, as these insects are active principally during evening and night-time.

(*d*) *Treatment of Malaria.*—The first consideration is energetic treatment with quinine. Quinine must be taken during the fever, at each fall of the temperature to 101° F. or less. It is best to take 30 grains or six 5-grain 'tabloids' in the course of twenty-four hours. *If, during the first obstinate attack of fever, the temperature does not fall below 101° F., which is frequently the case, quinine must nevertheless be taken.* No blackwater fever will ensue from it in a first attack of malaria in the vast majority of cases. The patient must go to bed, a light diet be taken, and an enema of boiled salt water (refer to page 3) must be administered night or morning. Hot weak tea may be drunk. Even if the quinine is vomited up and there is diarrhœa, the doses of the drug must be repeated. The quinine cure must be continued daily, not only until the fever is gone, but also in diminishing doses afterwards.

In the case of continuous vomiting, give half a teaspoonful of spirits of chloroform mixed in a wineglassful of sugar water. If the first dose has no effect, another dose must be administered.

Above all, after every attack of fever, doses of quinine must be taken in the following manner: 15 grains, or three 5-grain 'tabloids' of quinine to be taken daily, after the attack is over, for three consecutive days; for a fortnight afterwards, on every other day, the same dose; and only after this treatment may the patient resume the usual prophylactic, i.e., 15 grains, or three 5-grain 'tabloids' of quinine every fourth day.

(*e*) *Personal Prevention of Malaria* is afforded :—

(1) By regularly *taking quinine.* The manner of taking the drug must be individually different for every person, as all constitutions vary.

(i.) Those who can tolerate it should take 15 grains or three 5-grain 'tabloids' of quinine every four days, and if there be singing in the ears 15 grains of bromide of potash should be added: as every trace of quinine is voided from the body in four days, this course should be persisted in. The quinine is taken in the morning one hour after breakfast, or if it produces singing in the ears, it is taken at night before retiring to rest.

(ii.) If quinine cannot be tolerated, 15 grains of euquinine* should be taken every four days, if necessary with bromide of potash also.

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* Euquinine is found to be quite as efficacious as quinine and has the advantage of being tasteless. It is, however, rather more expensive and not so strong as quinine, so that relatively larger doses are required. —[Ed.]

(iii.) If even this cannot be borne—but only in such a case—8 grains or two 4-grain 'tabloids' of quinine, with the above-mentioned dose of bromide of potash, should be taken.

(iv.) If there be an idiosyncrasy against even 8 grains of quinine, 8 grains of euquinine should be taken. In order once for all to accustom oneself to the regular dosing with quinine without the assistance of a calendar, the quinine should be taken on the first, fourth, eighth, twelfth, and, in fact, every day of the month divisible by four until the twenty-eighth, beginning again on the first of the next month. Many people, however, prefer to take 5 grains of quinine daily as a prophylactic.

The doses of quinine are taken, either as powders wrapped in wafers, or in 'tabloids,' which should be crushed before being taken with a glass of water.

The quinine prophylactic should be commenced when the steamer has reached its destination in the Tropics, and should be continued for two or three months after the return to Europe, and especially during the voyage home. In cases of relapses in Europe, the quinine should be persisted in for a still longer period.

(2) Personal prevention of malaria is moreover afforded by direct protection from mosquitoes. *In those districts where mosquitoes are a veritable plague, veils and gloves should be worn. It is particularly necessary to protect the regions of the neck and ankles at evening time.*[*] In especially dangerous districts one must resort to fumigation of the house, and inunction of the skin with etherised oils, or sponging it several times a day with a solution of cyllin (one teaspoonful to a quart of water).

A caution is given to beware of taking the unsolicited advice of uneducated "old tropical residents."

The dwelling of the European should be as far distant as possible—half a mile or more—from native huts. Never should a night be spent in native huts or mat-sheds. If within the bounds of possibility, one should retire into a mosquito-screened apartment at 6 p.m. About half to two-thirds of a mile is the average capacity of flight of the Anopheles from their breeding-places.

(*f*) *General Prophylaxis* (*Prevention*).

(1) By means of universal administration of quinine to all the inmates of the house, and to those frequenting the premises, as described on pages 7 and 8. This measure causes the gradual death of the parasites (germs) in the blood of human beings. The malaria mosquitoes can then no longer acquire the malarial germs, which otherwise they would be able to transmit to other persons.

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[*] Mosquito boots, made of soft leather and extending well up the calves of the legs, are especially useful, the lower parts of the trousers being tucked inside these. For travelling, they can be made with thicker soles than are usually provided.—[Ed.]

(2) By removal of stagnating pools of water in the vicinity the malaria mosquitoes are deprived of the possibility of breeding. Therefore the draining-off of standing swamps is necessary. Every standing pool or puddle in the vicinity of the house, which cannot be completely drained, should always be irrigated with petroleum or kerosene. The larvæ and eggs of the mosquitoes die under the layer of oil. This irrigation should be repeated every ten days. All bush in the immediate neighbourhood of the house must be cleared away.

Above all, educate the natives in the principles of cleanliness and personal protection from malaria.

No. 2.—BLACKWATER FEVER.

(*a*) *The Symptoms* are: urine of a red or dark reddish-brown or black colour, derived from the blood which has been broken down and passed into the urine. The disorder starts with violent shivering, vomiting, pain in the loins or region of the liver, intense languor and general jaundice. A doctor must be sent for at once.

(*b*) *Treatment: Rest in Bed.*—The patient should drink a great quantity of water. When there is no vomiting, artificial perspiration may be induced by partaking of lemonade with sugar, as hot as can be borne, or hot weak tea and lime juice. In cases of severe vomiting, little pieces of ice should be swallowed, or a few drops of spirits of chloroform in a glass of sugar and water should be given; in addition, give drinks as cold as possible. A mustard leaf, or mustard poultice, should be applied to the pit of the stomach for from fifteen to twenty minutes, not longer. For two days—morning and night—an enema should be given with warm boiled water and one teaspoonful of salt added to each pint of the water.

No alcohol at first, no quinine—a liquid diet only. Even after the urine has again become normal, the patient must be kept in bed for at least twelve to fourteen days longer.

(*c*) *Prevention.*—The best and surest prevention is afforded by the scrupulous and regular taking of quinine after an attack of fever. *Conscientious takers of quinine hardly ever get blackwater fever.* Excesses of all kinds should be strenuously avoided.

No. 3.—DYSENTERY.

(*a*) *Symptoms.*—Mucus (slime) and blood in the stools. Tenesmus (straining downwards), griping abdominal pains, frequent diarrhœa.

(*b*) *Treatment.*—Rest in bed is most essential, warm fomentations on the abdomen, milky foods only, no alcohol.

At the commencement castor oil should be administered, then, after five or six hours, one $\frac{1}{6}$-grain calomel 'tabloid' every hour, or one $\frac{1}{2}$-grain calomel 'tabloid' thrice daily, or, if at hand, one tablespoonful of the infusion of simaruba root every two hours. The latter is a most efficacious remedy.

(*c*) *Prevention.*—Careful treatment of every sign of diarrhœa. Beware of chills of the abdomen, particularly during the hot seasons. All persons having a tendency to looseness of the bowels must always wear an abdominal belt and take plain non-irritating food. Care must be taken to isolate servants suffering from dysentery; the stools of the patients must be disinfected with 5 per cent. lysol solution, or 5 per cent. carbolic acid solution. A 5 per cent. solution is roughly made by adding two tablespoonfuls of either drug to a pint of water.

Whichever solution is used, it should be left on the evacuations for twenty-four hours and care taken that sufficient of the disinfectant is employed to thoroughly cover the stool. Cyllin, also, in a solution of one teaspoonful of pure cyllin to a pint of water, is a simple and efficacious disinfectant.

NO. 4.—PLAGUE.

Plague is a disease of *rats*, *mice*, and *human beings*, and is caused by a small, short and thick bacillus. The disease usually appears in the form of epidemics spreading from neighbouring regions, whence they have probably already been officially notified. Before attacking man the disease may cause wholesale mortality amongst the rats, which, when ill, lose all fear of human beings and come out of their holes to die. The infectious evacuations of the sick rats are strewn about in the rooms, and are thus liable to be introduced into small injuries of the human inmates, especially of the feet; by inhalation they may

infect the lungs; they may also be taken into the intestinal canal of other rats. The fleas infesting the rats leave the cold bodies of the dead plague rats, crawling into nooks and corners, and are capable of infecting other rats by biting them, and very probably human beings, also. In man there are two principal forms of the disease: (1) Bubonic plague; (2) pneumonic plague.

The two forms can also appear combined. In bubonic plague there is enlargement of the lymphatic glands, most commonly of the groin, but sometimes of the glands of the neck or armpit, which ultimately suppurate and break down. In pneumonic plague there is inflammation of the lungs. The mortality from the disease is *very great.*

Special.—The expectoration of persons suffering from pneumonic plague is *remarkably infective.*

Treatment. — All plague-stricken persons should be immediately *strictly isolated.* A medical man should be at once informed. The secretions of the body, more especially the sputum of the patient, should be covered with a thick layer of pure carbolic acid or chloride of lime. The stools and other secretions should be treated with a solution of cyllin (one teaspoonful to a pint of water) in large excess, as advised for dysentery (*see* page 12), and allowed to stand for some hours before being disposed of. Rats should be relentlessly destroyed when the danger of infection threatens, and their dead bodies promptly burned.

The treatment of plague patients appertains to the medical man.

No. 5.—CHOLERA.

Cholera is caused by small motile comma-shaped bacilli, which are found in the stools of the patients. The disease generally appears in the form of great epidemics, which have already prevailed in neighbouring districts, and have thence been officially notified. In the majority of cases it is transmitted through the water supply. All filters should be cleansed by boiling, and, if possible, the source of supply, if not above suspicion, should be changed.

(*a*) *Symptoms.*—The passage of remarkably numerous liquid evacuations resembling rice water, which lead to severe spasms of the muscles of the calves of the legs in consequence of the loss of liquid from the body. The patient collapses in a very short time, frequently in a few hours. The eyes are deeply sunk, the face assumes a pale bluish tinge, the voice becomes husky, the skin icy cold and shrunken.

(*b*) *Treatment.*—Cholera patients and suspects are to be immediately isolated. The doctor should be notified at once. All the bed and body linen of the patient should be burned, and the stools carefully disinfected with cyllin (one teaspoonful to a pint of water).

Pending the arrival of the doctor, a hot water bottle should be put in the bed. Plenty of blankets should cover the patient, warm tea should be given to him as well as sips of strong wine. All other treatment should be left to the doctor.

No. 6.—INFLAMMATION OF THE LIVER.

(*a*) *Symptoms.*—Pain in the region of the liver, nausea, complete loss of appetite. Pain, often radiating, in the right shoulder. Stools constipated or very loose. The face often assumes a greyish-yellow tinge. All these symptoms may be due to liver abscess, and if not speedily relieved by the treatment outlined, medical advice must be sought.

(*b*) *Treatment.*—Rest in bed. A fluid diet only. One 5-grain calomel 'tabloid' thrice daily. The calomel must be stopped when the gums become inflamed. The treatment is then continued with Carlsbad salts, one teaspoonful to one-third of a pint of tepid water; two such glasses daily. An ice-bag is to be placed over the region of the liver; if ice is not procurable, paint with tincture of iodine.

If due to malaria, treat with quinine; if associated with dysentery, use remedies appropriate to that disease.

No. 7.—SMALL-POX.

Very frequent in the Tropics. Every European should be vaccinated before starting. It should be insisted on that all coloured persons in the vicinity, more especially the servants of the household, should be vaccinated. Lymph fresh from Europe should be sent out in small but thick wooden cases, and should always be kept in damp cloths and protected from sunlight; tubes may also be kept in scooped-out potatoes, manioc roots, etc.

In regard to the technique of the operation. Four quite superficial scarifications are made on the left arm with a lancet, and the vaccine rubbed in with that instrument. Great care must be taken that the lancet and arm are scrupulously clean. The former should be boiled immediately before use. The arm should be prepared by scrubbing with soap and warm water, and, after drying with a clean cloth, should be well rubbed with a pad of cotton-wool soaked in ether.

The operation of vaccination should never be attempted by an unskilled person, unless it be absolutely impossible to get a doctor.

Persons suffering from small-pox, and suspicious cases, are to be isolated. The infected clothing and huts are to be burnt.

Mild cases of small-pox may be mistaken for chicken-pox, and are of frequent occurrence. These cases should be treated exactly the same as serious cases of small-pox.

No. 8.—LEPROSY.

This disease is well known to all natives. It is advisable to ascertain, by judiciously questioning the servants, if there are any lepers in the neighbourhood, and, if such be the case, to get them removed and isolated. This disease is contagious and has hitherto proved incurable. In negroes it mostly commences with the formation of light copper-coloured spots on the skin, which spots are

often symmetrical, and the disease finally leads to the death and loss of portions of the body, such as fingers, toes, etc., and to the appearance of protuberant ulcers and tumours on the face and body, terminating in death. The disease, as mentioned above, is quite incurable.

No. 9.—SLEEPING SICKNESS.

This disease, so far, is confined to Africa, and is very prevalent in the Congo State and in Uganda. It also occurs in Nigeria, etc.

It is caused by the bite of certain flies, which inoculate into man minute microscopic creatures, which induce the disease. The disorder, unless treated, always has a fatal termination and lasts from six months to two years, the most prominent feature in a well-marked case being an ever-increasing sleepiness. Patients, as well as suspicious cases, should be at once stringently isolated in fly-proof places, and the nearest medical man should immediately be communicated with. Sufferers from sleeping sickness, in the earlier stages of the disease and before lethargy appears, may sometimes be recognised by the general enlargement of the lymphatic glands, especially those at the back of the neck.

No. 10.—NERVOUSNESS AND SLEEPLESSNESS.

(*a*) *Prevention.*—A well-ordered manner of living, sufficient bodily exercise, moderation in eating and drinking, and above all in the use of alcohol; no sexual excesses. Care in providing a cool sleeping apartment. It is advisable not to drink anything after 9 p.m. In the morning and evening a cool bath should be taken. Moderation in smoking must also be exercised. If troubled with sleeplessness, a warm bath should be taken before retiring to rest. If insomnia still prove intractable, a wet pack may be tried. *Carefully avoid taking drugs to produce sleep.*

No. 11.—POISONING.

(*a*) *By means of Bad or Spoiled Food.*—Vomiting should be induced. Large doses of castor oil should be administered. Gruels made with milk and in which eggs are beaten up should be given.

(*b*) *Caused by Snakes, Scorpions, etc.*—For at least five hours the limb must be ligatured above the wound to prevent the blood from the bite or sting reaching the heart. In addition, some person present must suck the poison from the wound with his lips, always provided that the mucous membrane of his mouth is quite free from abrasions. Moreover, the wound must be burned or cut out and ammonia injected in the vicinity of the wound by means of a syringe; 10 drops of pure liquid ammonia, with an equal quantity of boiled or distilled water, must be syringed into about five different places around the wound. As a further precaution this treatment should be repeated within one hour. In cases of severe hæmorrhage the limb must likewise be ligatured above the injured spot, and, should the bleeding not be arrested by means of a simple pressure bandage, a doctor must be immediately summoned.

No. 12.—SUNSTROKE. (HEAT APOPLEXY.)

(*a*) *Symptoms.*—Unconsciousness, convulsions, bluish-red face, starting eyes, a weak, rapid pulse.

(*b*) *Prevention.*—Light, loose clothing.
In order to avoid sunstroke a tropical helmet with a neck pad must be worn in the open air between the hours of 8 a.m. and 4.30 p.m., and a white umbrella (lined) should not be despised.

(*c*) *Treatment.*—The sufferer must be carried to a cool shady spot, his clothes removed and cool water poured over his body; this treatment must be frequently repeated, and cooling drinks given when patient becomes conscious. In case the patient is incapable of swallowing, cool water must be introduced into the intestines through the anus by means of an irrigator.

No. 13.—SKIN DISEASES.

(*a*) *Ringworm* is a circular red eruption of the skin; it is very contagious, and itches intensely.

Prevention and Treatment.—The bed and body linen must be carefully boiled and afterwards steeped in a solution (one teaspoonful to a pint of water) of either lysol or cyllin. The washing must be left to soak in the disinfectant for some hours and the washerman must treat his entire wash in this way.

Spots of ringworm must be anointed for three consecutive days with ringworm ointment. A bandage should be applied, or the places may be pencilled with 10 per cent.

chrysarobin-traumaticin. While applying this, the eyes must be protected, as chrysarobin affects them injuriously.

(*b*) *Craw-Craw.*—A kind of pustular eczema, known to the natives. The spots must first be covered with a bandage soaked in lysol (one teaspoonful to half a pint of water); afterwards for three days a boric ointment bandage must be applied. In running eczema the scabs should be removed by poulticing with clean linen soaked in olive oil and the wounds dressed with bandages kept constantly damp by being soaked in a mixture of liquor aluminii acetici and water; one part of the former to two parts of the latter.

(*c*) *Dhobie Itch.*—A ringworm-like affection of the skin, deriving its name from the supposition that the disease is contracted through the medium of clothes washed by a dhobie or washerman suffering from the disease. It may appear on any part of the skin, but seems especially to favour the armpits or the neighbourhood of the genital parts. Itching is intense. Through the consequent scratching, the part affected may become quite raw.

Prevention and Treatment.—The same preventive measures as were detailed for ringworm should be employed, and washermen must be prevented from washing European and native clothes together. A suitable remedy is iodine liniment painted on the patches every day, or chrysarobin-traumaticin may be used as advised for ringworm. Should the parts affected be very sore, byrolin, as advised for prickly heat, is a suitable remedy.

(*d*) *Neglected Ulcers of the Feet.*—The base of the ulcers should be scraped clean with a knife or sharp spoon which has been previously boiled to ensure its cleanliness. The leg should then be propped up high and the wound covered with bandages kept damp with a mixture of liquor aluminii acetici and water; one part of the former to two parts of the latter.

(*e*) *Sand Fleas* (*Jiggers*).—These attack the toes, and the sufferer should allow a native to remove the insects, the small resultant wound to be bandaged dry with iodoform. The preventive measure is simply never to walk on any ground barefooted. The stringent warning is also given never to travel in bush or jungle insufficiently clothed, as many minute creatures, hardly visible to the naked eye, crowd the boughs, and cause severe ulcers which are exceedingly difficult to heal. In any case, in order to avoid the bites of mosquitoes, which, by preference, attack the region of the neck and ankles, care should be taken to wear strong boots and puttees, and some sufficient protection for the neck. Uncovered spots on the body, if exposed to the action of the tropical sun, are apt to become extensively inflamed, so that large portions of the epidermis rise up, like blisters.

(*f*) *Prickly Heat* is caused in some persons by inflammation of the sweat glands when these are forced to exude too much perspiration. The whole body shows a number of tiny spots corresponding to the excretory ducts of the sweat glands on the skin. The affection causes intense itching, and the inflammation of the skin is increased by scratching. All highly spiced dishes and alcoholic drinks must be scrupulously avoided. *It is a well-known fact that beer-drinkers are most subject to prickly heat.* The bath should be taken as cool as possible, the skin should not be rubbed too hard, and the inflamed places should be rubbed with byrolin,* or anointed with borofax.

(*g*) *Scabies* (*Itch*).—Occurs in the Tropics as well as in Europe. *Cause:* Minute creatures (mites related to the tick) insinuate themselves under the skin where they make tunnels, and produce small, very irritating pustules which finally spread over the entire body. Between the fingers is a favourite site. The disease is transferable through personal contact with the patients, or their body and bed linen. All soiled clothes must be thoroughly boiled.

After a thorough hot bath and drying, the patient should, for two consecutive days, be rubbed with a mixture of Peru balsam and alcohol in equal parts, or mercury ointment. After a week this treatment should be repeated.

(*h*) *Frambœsia* (*Yaws*).—Very widespread amongst native children who, after having been through the illness (which lasts many months), are thus rendered immune. Transmissible to Europeans, amongst whom this disorder is very obstinate.

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* Byrolin is a German preparation of which the chief ingredients are boric acid, glycerine and lanoline, combined with small proportions of essential oils.—[ED.]

Symptoms.—Roundish, raised scabs, more or less numerous, and about the size of a farthing, appear on any or all parts of the body; the surface of the crusts is shrivelled, and they frequently present the appearance of raspberries.

Treatment.—A solution of potassium iodide (2 drachms or 120 grains of iodide of potassium, dissolved in 6 oz. of water) should be prepared. One tablespoonful of this mixture to be taken three times a day. Children proportionately less, according to age; lanocyllin or zinc ointment to be applied to the sores.

NO. 14.—SEXUAL DISORDERS.

Every patient with a sexual disease must *immediately seek medical assistance to obtain suitable treatment, as otherwise the most serious sequelæ may ensue.*

NO. 15.—WORMS.

Intestinal worms are of frequent occurrence in the Tropics. The commonest varieties met with are either the flat or tape worms, or the round worms.

The former usually attain a length of many feet (16 or more), and portions (segments) of the same are passed from time to time in the stools. These segments, looking like pieces of broad white tape, and from about ½ to 1 inch in length, exhibit creeping movements when passed, and are easily recognised.

Infection with these worms is due to eating meat or fish, containing the larval form of these parasites, without previous thorough cooking.

The round worms are of very variable size, some attaining a length of 8 inches or 9 inches and looking very like an earthworm in external appearance. Others, on the contrary, such as ankylostomes, only measure about ¼ inch. The last-named often causes very marked anæmia, and, if untreated, serious and even fatal disease of the heart, liver, etc. Small, round worms, looking like little pieces of cotton, frequently infect children, and are often passed by the bowel in considerable numbers. These, popularly known as "thread" worms, cause a great deal of irritation around the anus, especially at night-time.

Infection with round worms is due to several causes, such as drinking impure water, eating with dirty hands, eating food soiled by dirty hands, or consuming vegetables imperfectly cleansed. In either case the measures for prevention are obvious. Expulsion of the worms, whether of the round or flat variety, must only be undertaken by a medical man.

MILK SUPPLIES.

Milk in the Tropics is derived chiefly from the cow, goat, or buffalo.*

When at all feasible it is wise to keep one's own herd of animals for milking purposes.

*** Goat's milk is best avoided if any other is procurable. It has been clearly proved that it is the important vehicle of infection in the serious disease known as Malta or Mediterranean fever. On no account must goat's milk be consumed in a place where Malta fever is known to occur.**

Animals kept by natives are usually ill-fed, and the yield of milk is lacking in both quality and quantity. Strict supervision over the general welfare of the animals comprising the herd and also over the milkers, their personal cleanliness, and their methods of cleansing the milking utensils, is essential.

All milk is best used as soon as possible after being obtained, and, previous to its being required, should be stored in clean pans in as cool a place as possible and carefully covered over to protect it from dust, insects, etc. *In any case, all milk before use must be boiled.* Condensed or preserved (dried) milk is usually obtainable and is a very fair substitute for the fresh article. Of the various brands of condensed milk, that prepared without an excess of sugar is to be preferred.

WATER SUPPLY.

The main sources of water supply in the Tropics are: Rivers and streams, wells, land-springs, rain-water. However obtained, *all* water for drinking purposes should be filtered and subsequently boiled before use. The most efficient filters are the Berkefeld and Pasteur-Chamberland. Charcoal filters are worse than useless and must be rigorously tabooed. Filters require for their efficient working to be constantly cleansed, and they should be inspected at least once a week to see that this is properly done. It is also as well to personally superintend the boiling of the water as native servants cannot, as a rule, be trusted to invariably do this. All tanks, barrels, etc., used for storing water must be rendered mosquito-proof and inspected at frequent intervals to ensure their being kept clean.

Wells should have a tightly-fitting cover, which must only be removed for the purpose of drawing water and then immediately replaced. Wherever possible it is better to have a pump fitted to the well. No slop or other foul water must be thrown on the ground within 10 yards of the well, and no garbage of any sort must be permitted within the same area. All sanitary conveniences should be placed as far as possible away from any source of water, and preferably at a lower level.

In collecting rain-water from a roof, an arrangement must be made to prevent the first portion containing the washings of the roof from entering the storage tanks.

CHILDREN IN THE TROPICS.

European children up to about 8 years of age usually stand a tropical climate well, provided the locality they live in is not markedly malarious.

No Children should be taken to live in a District where Malaria is Common. They are practically certain to contract the disease, and the results may be most disastrous. Convulsions, generally ending fatally, and entirely due to malaria, are the cause of a high mortality among children in malarial localities. After 8 years of age European children should be sent home. Not only do they develop in a colder climate into sturdier and stronger individuals, but the demands of education, usually unobtainable in the Tropics, have to be met.

The rules previously laid down for the preservation of the health of adults must be carefully followed in the case of children. Scrupulous care in the preparation of their food must be exercised, and this important duty should never be relegated to the vagaries of native servants, but should always be personally supervised.

As the diet of a child consists so largely of milk, great care must be taken to secure as pure a supply as possible, and all milk must be boiled immediately before use.

Children should on no account be allowed to run about in bare feet.

OUTFITS FOR EXPEDITIONS AND FOR STATIONS WITHOUT A DOCTOR.

In this matter it is best to follow the advice of a medical man who has a knowledge of the Tropics. The various districts vary considerably. Rather should the outfit be too liberal than too scanty. It should be added that a good clinical thermometer is an indispensable necessity. The normal temperature of man is 98·4° F. To ascertain the correct temperature the armpit should be wiped dry and the thermometer retained there for at least ten minutes. After use, the thermometer should be thoroughly washed and the quicksilver got down to below 96° by holding the thermometer at arm's length by the upper end and jerking it downwards a few times.

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APPENDIX

Descriptive and Historical Notes

WITH

ILLUSTRATED LIST

OF

MEDICAL EQUIPMENTS AND SUITABLE MEDICINES

FOR USE IN

THE TROPICS AND WARM CLIMATES

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The Smallest Medicine Chest in the World

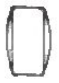
This tiny gold medicine chest is fitted with twelve square medicine chest bottles containing 300 doses of 'Tabloid' Brand Medicaments, equivalent to 15 pints of fluid medicine.

MEDICAL EQUIPMENTS

Experienced travellers recognise the vital importance of an absolutely reliable stock of carefully selected medicinal agents, and the necessity for carrying an efficient medical equipment by those who undertake protracted journeys, or who live at a distance from professional medical aid, is obvious.

In the choice of medicines, it is imperative that only those of the highest quality should be selected. Drugs of a sort may be obtained at almost any price, a large number of inferior preparations being constantly offered for sale. All such crudities should be avoided.

The exigencies of travel render the carriage of fluid preparations extremely risky, by reason of the liability of the containers to breakage, with the consequent waste of their contents. In tropical climates, moreover, it is practically impossible to prevent tinctures, fluid extracts and syrups from evaporating or decomposing. For travellers, therefore, it is highly desirable that the drugs carried should not only be efficient and permanent but easily portable. A further advantage is gained if they are in a condition ready for immediate administration without weighing or measuring.



Size of one product of 'Tabloid' Cinchona Tincture, min. 30

Length of 30-minim tube of same diameter as 'Tabloid' product

The medicinal products of Burroughs Wellcome & Co., issued under the 'Tabloid' brand, and the antiseptic, anæsthetic and other preparations issued under the 'Soloid' brand, exactly fulfil all the essential requirements of perfect therapeutic agents. They contain drugs of the very highest quality only, divided into correct quantities ready for immediate use. They are far lighter and easier to carry than ordinary medicines. They occupy much less space, and are not wasted if their containers should be accidentally broken. They require no weighing or measuring, and keep perfectly, even when exposed to the most adverse climatic influences. The diagram on page 31 illustrates the considerable saving in space which is effected when 'Tabloid' products are carried.

This advantage attaches in even greater degree to the series of 'Soloid' products, potent remedies compactly presented in strengths convenient for stated quantities of solutions, which, if carried in liquid form, would occupy in some cases a thousand times as much space, and would be liable to deteriorate, and to cause serious danger if their containers should be broken.

Owing to their exceptional purity, accuracy, reliability and extreme portability, these fine products have established for themselves a universal reputation, and the chests and cases containing the various medicaments have met with the unanimous approval of travellers, explorers and medical officers in all quarters of the globe.

The late Sir H. M. Stanley, having experienced on his earlier journeys in Africa the almost insuperable difficulties associated with the transport of liquids and bulky medicines, was in a position to fully appreciate the portability and compactness of the 'Tabloid' Medical Equipments as supplied to him by Burroughs Wellcome & Co. on making his later expeditions.

In his book entitled *In Darkest Africa*, he wrote :—

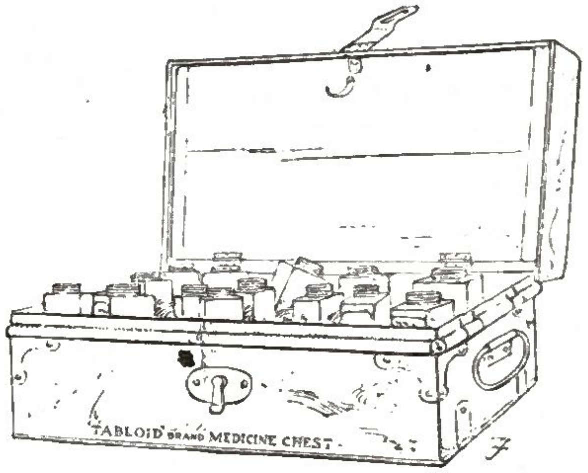
> Messrs. Burroughs Wellcome & Co., the well-known chemists, furnished nine beautiful chests replete with every medicament necessary to combat endemic disease peculiar to Africa. Every drug was a 'Tabloid' product; every compartment was well stocked with essentials for the doctor and surgeon. Nothing was omitted, and we all owe a deep debt of gratitude to these gentlemen, not only for the intrinsic value of these chests and excellent medicines, but also for the personal selection of the best that London could furnish.

An accident, probably unique of its kind, befell the 'Tabloid' Medicine Chest in use at the Bandawe Mission House, Lake Nyassa, British Central Africa, in 1891, when the building was demolished by lightning.

The medicine chest was recovered from the ruins, and when examined it was found that, although the lightning had penetrated it and effected a considerable amount of damage, yet the remaining 'Tabloid' products had retained their full activity.

Moreover, this chest continued to render service for more than ten years after the catastrophe, and has recently been presented to Burroughs Wellcome & Co. by the kindness of the Livingstonia Mission.

Of the cases used during Stanley's famous travels, the "Rear Guard" 'Tabloid' Medicine Chest is worthy of special mention. This chest remained in the swamp regions of the Aruwhimi for nearly four years, and more than once was actually submerged in the river. Notwithstanding these mishaps, when the chest was brought back to London, the remaining contents were tested by the Official Analyst of the *Lancet* and found to have fully retained their efficacy. The late Surgeon-Major Parke, Stanley's Medical Officer, wrote :—



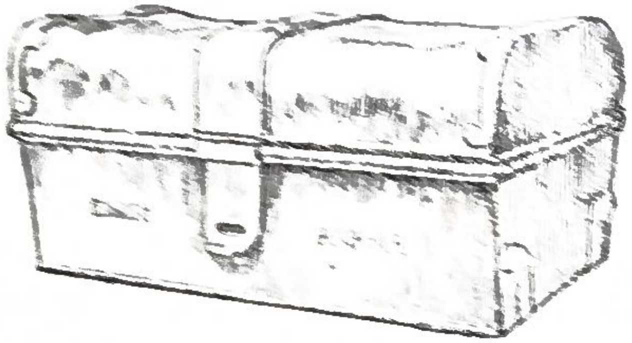
'Tabloid' Brand Medicine Chest struck by lightning

> The medical preparations which I have throughout recommended are those of Burroughs Wellcome & Co., as I have found, after a very varied experience of the different forms in which drugs are prepared for foreign use, that there are none which can compare with them ('Tabloid' products) for convenience of portability in transit, and for unfailing reliability in strength of doses even after prolonged exposure. I have always felt that the officers of the Emin Pasha Relief Expedition, one and all, owed their lives to the unchangeability of these preparations, and know that I am but fulfilling my duty to every traveller in recommending them.

Emin Pasha, Gordon's Governor of the Equatorial Sudan, appreciated the usefulness of a 'Tabloid' Medicine Chest and its contents. The chest bearing his name (*see illustration below*) was the last supplied to him. It was taken away by Arabs when Emin Pasha was massacred in 1892, but was recovered by Baron Dhanis, Commandant of the Congo Free State troops, after the battle of Kasongo. It was again stolen by natives, and finally discovered near Kenia, in the Aruwhimi Dwarf Country, by an Officer of the Congo Free State.

The following letter was sent by Emin Pasha to Burroughs Wellcome & Co., before setting out on his final expedition to Central Africa:—

> Gentlemen,—I found the medicine chest you forwarded me fully stocked. I need not tell you that its very completeness made bound my heart. Articles like those could not be made but at the hand of the greatest artists in their own department. If any one relieved from intense pain pours out his blessings, they will come home to you.
>
> I should like to expatiate somewhat longer on the intrinsical value, but sickness preventing me to do so, I wish you to believe me,
>
> Yours very faithfully,
>
> (Signed) Dr. Emin Pasha.



Emin Pasha's 'Tabloid' Brand Medicine Chest

Still another case associated with Stanley is the Raw-Hide 'Tabloid' Medicine Case. This was used by Thomas Stevens, the author of *Around the World on a Bicycle*, and was described in his book, *Scouting for Stanley in East Africa*.

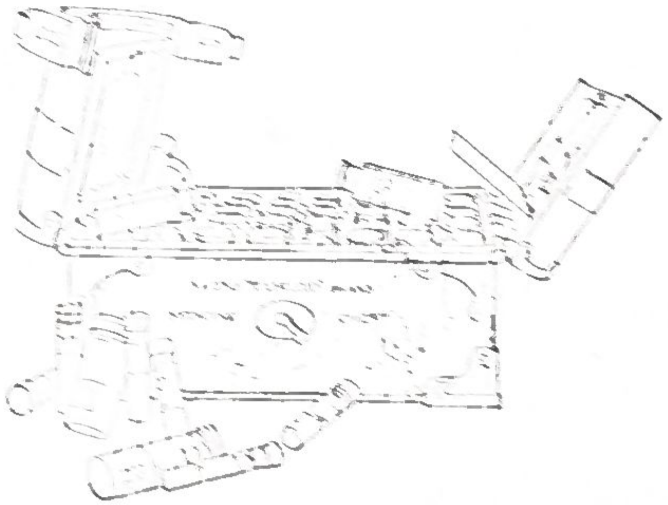
The Muxworthy 'Tabloid' Medicine Chest at one time formed the sole medical equipment of a Government Caravan of 300 men from Zanzibar to Uganda. Twice it made the journey from Zanzibar to Victoria Nyanza, and in days when the present facilities for travel on that tract did not exist.

Captain Stairs, throughout his long journey to Katanga, carried a medicine belt which was specially

designed for him by Mr. Wellcome. It was brought back by Dr. Maloney. The remaining contents were examined and found to be quite unimpaired.

During recent British and foreign military campaigns the usefulness of 'Tabloid' Equipments for military purposes has been fully demonstrated. The following is an extract from the Official Government Report made by the Chief Medical Officer of the British Military Expedition to Ashanti, of 1895-6, on the 'Tabloid' Medical Equipment supplied by Burroughs Wellcome & Co.:—

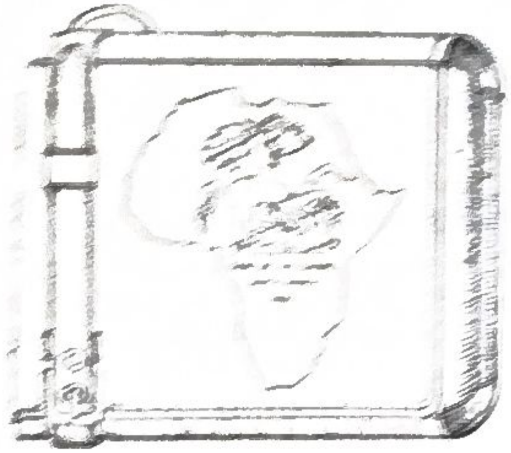
> The supply of medicines, both as to quality and quantity, left nothing to be desired. There was no scarcity of anything. The 'Tabloid' medicines were found to be most convenient and of excellent quality.
>
> To be able to take out at once the required dose of medicine, without having to weigh or measure it, is a convenience that cannot be expressed in words. Time is saved to an extent that can hardly be realised, and so is space, for a fitted dispensary, or even a dispensary table, is unnecessary. The quality of medicines was so good that no other should be taken into the field. The cases supplied are almost ideal ones for the Government. They are light, yet strong, and the arrangement of the materials and medicines is as nearly perfect as possible.



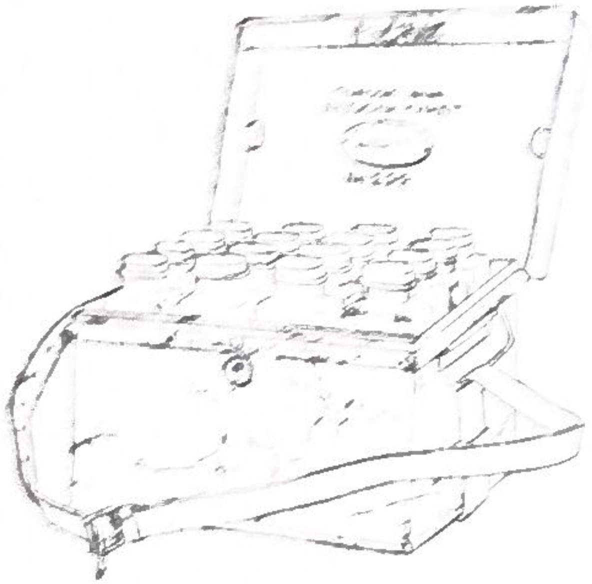
One of the 'Tabloid' Brand Medicine Chests used in the Greek Hospitals during the Græco-Turkish War

For the American War with Spain in Cuba and the Philippines, 'Tabloid' Medical Equipments were specially ordered and used by the U.S. Army and Navy.

On page 35 is illustrated one of the 'Tabloid' Medicine Chests employed in the Greek Hospitals during the Græco-Turkish campaign.



One of the 'Tabloid' Brand Medicine Cases specially designed for, and supplied to, the troops from the various British Colonies for use in the South African campaign.



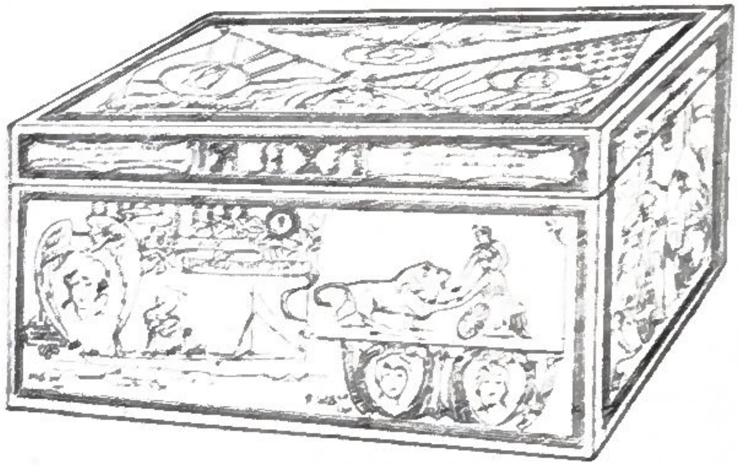
The late G. W. Steevens' 'Tabloid' Brand Medicine Chest

Of still more recent interest is the 'Tabloid' Brand Medicine Chest formerly the property of the late G. W. Steevens, the celebrated war correspondent. It was used by him throughout the war in Greece, the two Sudan campaigns, and his journey in India. In South Africa it rendered him good service until his brilliant career was brought to a premature close during the Siege of Ladysmith.

Throughout the Boer War, 'Tabloid' Medical Equipments were widely employed. Outfits of special design were supplied to the City of London Imperial Volunteers, the Imperial Yeomanry and the Colonial contingent.

The fitting out of the American Hospital Ship *Maine* (now presented to the British Government) and the valuable services it rendered during the South African and Chinese campaigns are matters of recent history. The whole of the medical outfit was supplied by Burroughs Wellcome & Co. The ward chest (*see illustration below*) was thus described by the *Lancet* :—

> One of the medicine chests supplied by this firm is in tooled leather, designed by Mr. Henry S. Wellcome. On the top panel appear the Union Jack and Stars and Stripes entwined, portraits of George Washington, Queen Victoria and President McKinley, and representations of the American Eagle and British Lion. The front and other panels bear symbolic designs indicating the bond of union between the English and American peoples.
>
> Prominently inscribed on the chest are Keble's line, "No distance breaks the tie of blood," and Ambassador *Bayard's* notable phrase, "Our Kin across the Sea."

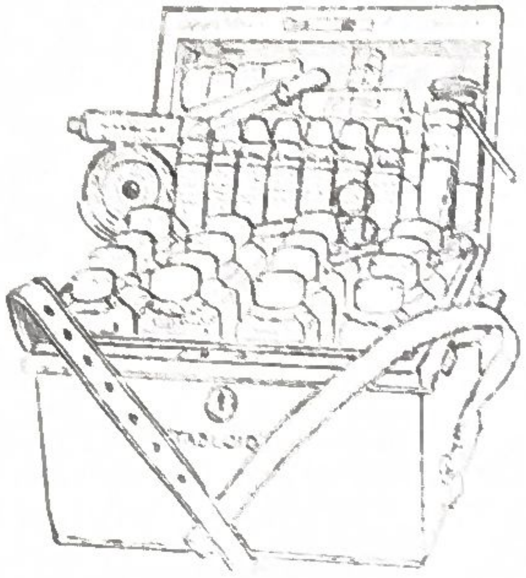


One of the 'Tabloid' Brand Medicine Chests specially designed for, and supplied to, the Hospital Ship *Maine*.

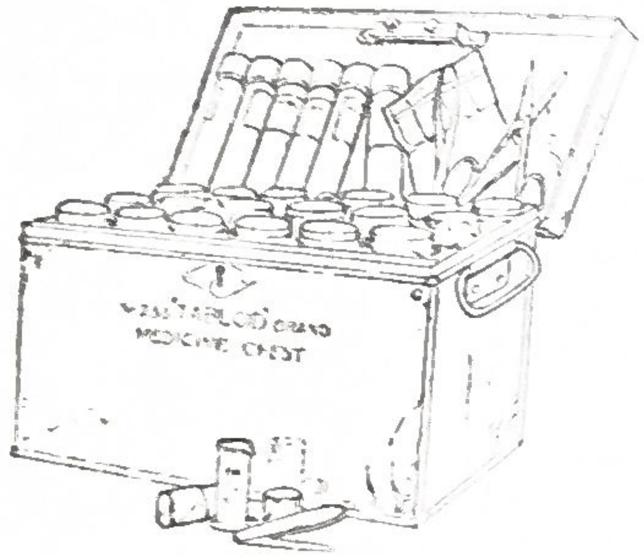
On Arctic and Antarctic Expeditions 'Tabloid' Medicine Chests have proved no less valuable.

The belts and other 'Tabloid' Medical Equipments supplied to Nansen for his journey in the *Fram*, and those used by the Jackson-Harmsworth Arctic Expedition, are now added to Burroughs Wellcome & Co.'s historic collection.

Commander R. E. Peary's Arctic Expeditions, as well as that of Mr. Walter Wellman, were equipped with 'Tabloid' Chests and Medicaments.



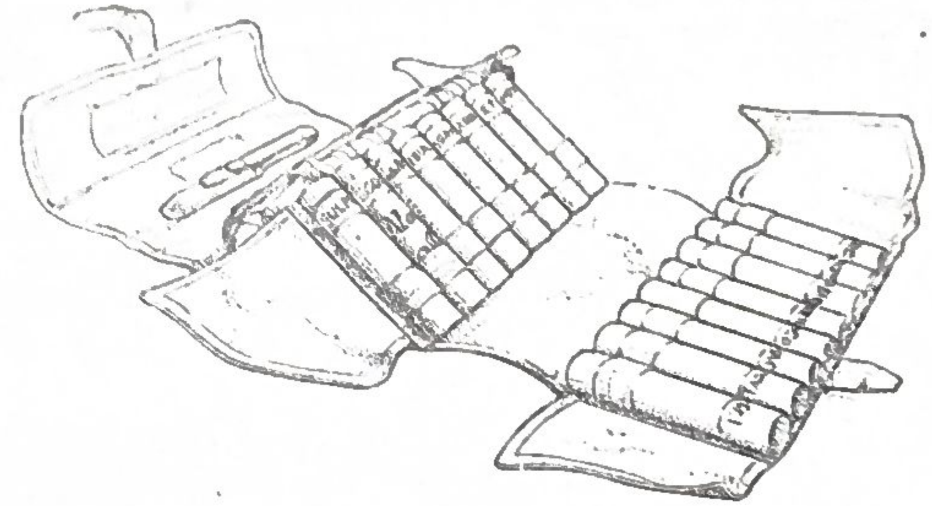
One of the 'Tabloid' Brand Medicine Chests used by Commander Peary.



One of the 'Tabloid' Brand Medicine Chests carried by the Duke of the Abruzzi's Polar Expedition.

Still more recently the Italian Arctic Expedition, commanded by the Duke of the Abruzzi, has returned. Notwithstanding the fact that the record Northern latitude of 86° 33′ 49″ was reached, the 'Tabloid' Medicine Chests and Cases with which the Expedition was equipped have been brought back with their remaining contents quite unaffected by the extreme rigour of the climate.

The 'Tabloid' Brand Medicine Case carried "Farthest South" by Sir Ernest H. Shackleton.



Copy of Report dated September 17, 1909 :—

The British Antarctic Expedition, 1907-9, was equipped with a very complete Medical Equipment contracted for solely by Messrs. Burroughs Wellcome & Co., and consisting of 'Soloid' and 'Tabloid' Preparations which are the only forms that can be conveniently carried and preserved under such conditions.

The packets of Compressed Dressings are an extremely convenient form.

The Congo Cases were always used when at our base, and both the party of three who reached the South Magnetic Pole, and the party under Lieut. Shackleton, who attained a point 97 miles from the Geographical South Pole, carried a brown leather 'Tabloid' Case, and all the 'Tabloid' products that remain are now in as good condition as when first handed over to my care two years ago.

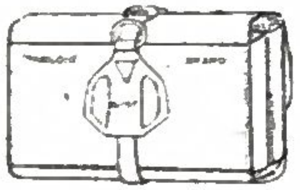
The *Nimrod* was also supplied with 'Tabloid' Cases and Equipment.

The 'Tabloid' Photographic Outfit supplied by Burroughs Wellcome & Co. proved entirely satisfactory.

Signed
BRITISH ANTARCTIC EXPEDITION, 1907-9
ERNEST H. SHACKLETON
Commander.

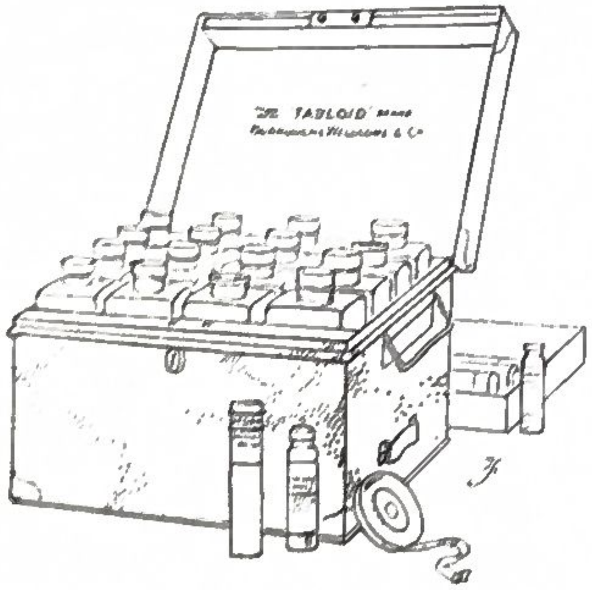
ERIC P. MARSHALL,
M.R.C.S., L.R.C.P.,
Surgeon to the Expedition.

Mr. Julius Price, the special artist and correspondent of the *Illustrated London News*, carried his 'Tabloid' Medicine Case over 30,000 miles, through arctic regions, across Siberia, through China and Japan, and across America. In spite of the wear and tear, the case suffered little, and the remaining contents were quite unaffected.



One of the 'Tabloid' Brand Medicine Cases carried by the Duke of the Abruzzi's Polar Expedition.

The chest next illustrated was at one time the property of the late E. G. Glave, the noted traveller in connection with the great slave question of Central Africa, and the discoverer of the tree under which Jacob Wainwright, Dr. Livingstone's faithful servant, buried his master's heart.



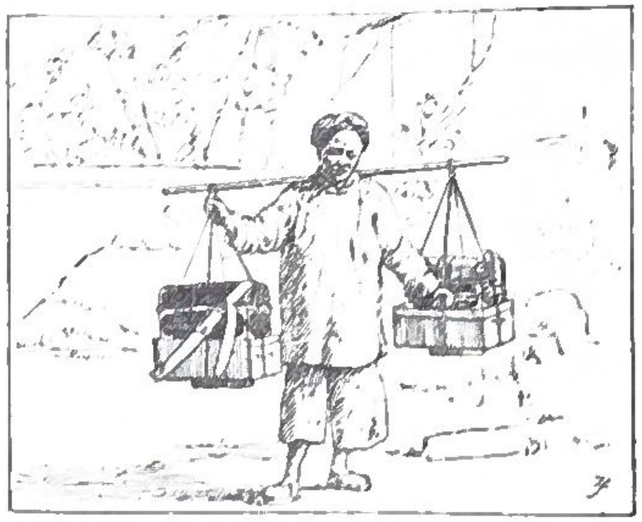
E. G. Glave's 'Tabloid' Brand Medicine Chest.

This chest was carried by Glave on his arduous journey from Zambezi to the Congo River Colony, and it continued to render service until this traveller died at Matadi, just as he was about to leave for home.

In the book *My Restless Life*, the author, Harry de Windt, writes :—

> With regard to drugs, I used at first to trust to luck and leave them at home, until informed some years ago that I could carry a whole pharmacy in a small hand-bag. 'Tabloid' products solved this mystery, and I have never since made an expedition without these portable medicines, which are unaffected by climate, and meet the most restricted conditions with regard to weight and space.
>
> The same firm have also made me compressed bandages and dressings, which take up very little room ; and also provided me with 'Tabloid' Photographic Developers, Toners and Fixers, ready for instant use by solution in water, and without weighing—an incalculable advantage in the open.

It is interesting to learn that the Church Missionary Society supplies each of its missionaries with a 'Tabloid' Medicine Case. The equipment has proved of the greatest service to the missionaries, who are thus enabled to extend their sphere of usefulness over very large areas, and to visit districts otherwise well-nigh inaccessible. The illustration (*below*) is copied from a photograph supplied by a medical missionary, and shows the 'Tabloid' Medicine Cases packed ready for a journey. This equipment constituted the dispensary, by the help of which the energetic owner was enabled to minister to the needs of between 2000 and 3000 patients.



The Dispensary 'Tabloid' Equipment of a Medical Missionary in China.

SUITABLE EQUIPMENTS FOR VARIOUS PURPOSES

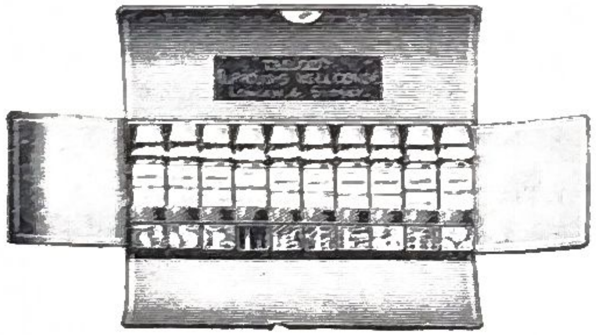
The choice of a suitable equipment depends upon the place in which it is to be used, and the persons for whom it is intended. The following description of equipments selected from the extensive list of Burroughs Wellcome & Co. will be of service in this connection. The contents may be varied according to requirements, and can be selected by the purchaser's medical adviser. Burroughs Wellcome & Co.'s unique experience in fitting cases for use in all quarters of the globe is also at the service of intending travellers.

No. 112. 'Tabloid' Brand Medicine Pocket-Case

Made of nickel-plated metal, the measurements being 4 × 2¾ × 1 in. It accommodates five bottles filled with 'Tabloid' Brand products. It is a suitable Case for the cyclist, or for those undertaking but short periods of travel. The most suitable products will vary according to the part of the world to which the case is to be carried, but 'Tabloid' Cascara Sagrada, gr. 2 (0·13 gm.), and 'Tabloid' Quinine Bisulphate, gr. 2 (0·13 gm.), should always be ordered.

No. 115. 'Tabloid' Brand Medicine Pocket-Case

The small size of this Case enables it to be comfortably carried in the pocket. It contains ten ½ oz. phials filled with 'Tabloid' Brand products. Despite its small size, it is a serviceable case for one person. In seal, pigskin, cowhide, morocco and other fine leathers.



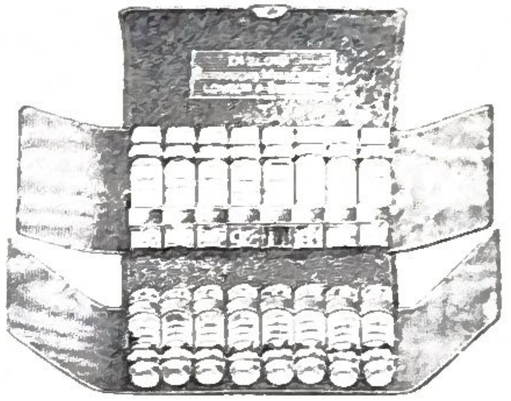
Measurements: 8¾ × 3¾ × 1½ in.

The 'Tabloid' products suggested for No. 134 Case (*see* page 44), augmented with 'Tabloid' Laxative Vegetable and 'Tabloid' Voice, will probably be found useful in the majority of instances.

No. 117. 'Tabloid' Brand Medicine Pocket-Case

This Case is somewhat larger and more comprehensive than the No. 115 Case. It accommodates sixteen ½ oz. phials of 'Tabloid' Brand products, which may be sufficient for the needs of two persons.

In fitting up this case, the following 'Tabloid' products may be considered desirable, in addition to those suggested for the No. 134 Case: 'Tabloid' Soda-Mint; 'Tabloid' Cascara Sagrada, gr. 2 (0·13 gm.); 'Tabloid' Aromatic Chalk Powder with Opium, B.P., gr. 5 (0·324 gm.);



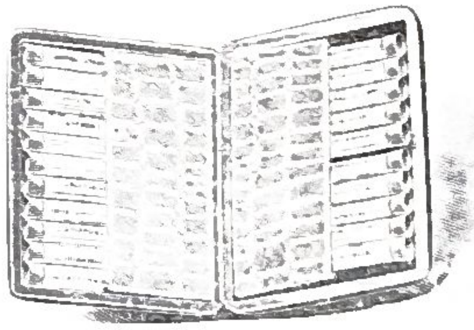
Measurements: 7½ × 4 × 3 in.

'Tabloid' Potassium Permanganate, gr. 1 (0·065 gm.); 'Tabloid' Easton Syrup, dr. ½ (1·8 c.c.); and 'Tabloid' Iron and Arsenic Compound. In cowhide, pigskin, crocodile, morocco and other fine leathers.

No. 123. 'Tabloid' Brand Medicine Pocket-Case

This handsome and convenient Case resembles a cigarette case, and can be carried in the breast pocket. It holds from ten to sixteen tubes of 'Tabloid' Brand products, according to the size of the products. It is strongly made, and is an excellent Case to carry for emergencies or on short journeys. It may be had in morocco leather, pigskin, seal leather, and brown or green crocodile leather. Measurements: 4 × 4 × 1¼ in.

No. 124. 'Tabloid' Brand Medicine Pocket-Case



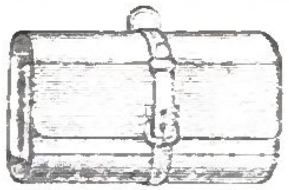
Measurements: 5½ × 4 × 1⅓ in.

This Case was specially designed for conveniently carrying in the breast-pocket, on ordinary occasions, a stock of medicines sufficient to meet a variety of circumstances. Fitted with from sixteen to twenty-four tubes of 'Tabloid' Brand products, according to size of products. In seal, crocodile, morocco, and other fine leathers.

No. 134. 'Tabloid' Brand Medicine Pocket-Case

Of the smaller Cases, this is one which will be found useful for one person, when only a limited supply of medicine is likely to be required. It contains eight ½ oz. phials of 'Tabloid' Brand products. For tropical countries generally, the following selection of medicines may be suggested on account of their all-round usefulness: 'Tabloid' Quinine Bisulphate, gr. 2 (0·13 gm.), or gr. 5 (0·324 gm.); 'Tabloid' Calomel, gr. 1 (0·065 gm.); 'Tabloid' Phenacetin, gr. 5 (0·324 gm.); 'Tabloid' Dover Powder, gr. 5 (0·324 gm.); 'Tabloid' Ipecacuanha Powder, gr. 5 (0·324 gm.); 'Tabloid' Lead with Opium, gr. 4 (0·259 gm.); 'Tabloid' Warburg Tincture, min. 30 (1·775 c.c.); and 'Tabloid' Bismuth Carbonate, gr. 5 (0·324 gm.). Measurements: 6¾ × 4½ × 1¼ in. In cowhide, pigskin, morocco, brown seal, or crocodile leather.

No. 137. 'Tabloid' Brand Medicine Saddle-Case



Measurements: 7¾ × 4½ × 2¾ in.

In cowhide or pigskin. Fitted in the same way as No. 117 Case with sixteen ½ oz. phials of 'Tabloid' Brand products, etc. (This case is also supplied fitted with feather-weight tubes. No. 139 Case. Measurements: 7¾ × 4½ × 2¾ in.)

No. 138. 'Tabloid' Brand Medicine Saddle-Case

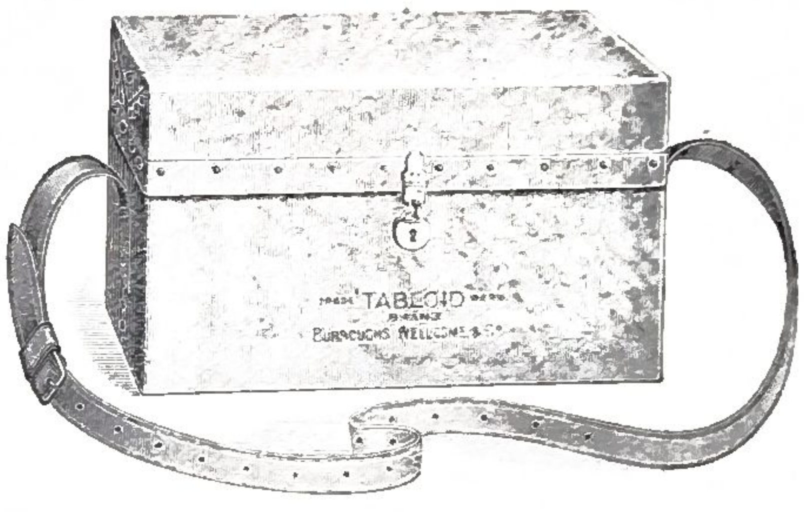
Measurements: 7¾ × 4½ × 2 in. To carry eight ½ oz. phials. Very strongly made in cowhide or pigskin. In order that the contents may withstand the jerking and shaking to which the case would be subjected, it is fitted with feather-weight tubes.

No. 206. 'Tabloid' Brand Medicine Chest

As selected by Mr. Thos. Stevens (*see* page 34). Measurements: 14½ × 4½ × 7½ in. This is a reduced facsimile of No. 208 Chest, and is fitted with the same number of smaller stoppered bottles of 'Tabloid' and 'Soloid' Brand products.

No. 208. 'Tabloid' Brand Medicine Chest

It is made of dressed and varnished raw-hide. Fitted with twelve 4 oz. stoppered bottles of 'Tabloid' and 'Soloid' Brand products, minor surgical instruments, dressings, etc. This Chest is designed to meet the requirements of travellers, miners, missionaries and others who need a chest of sufficient capacity to take a good supply of medicines without undue bulk and weight. It is very portable, and, on account of the material of which it is made, capable of standing very hard usage.



Measurements: 15½ × 5¼ × 9 in.

No. 218. 'Tabloid' Brand Medicine Case (*Registered*)

Made in cowhide, Levant morocco leather and pigskin. It is fitted with nine 1 oz., and twenty-four ½ oz. phials of 'Tabloid' and 'Soloid' Brand products, loops for instruments, etc. This Case will comfortably carry practically every medicament required for the treatment of ordinary ailments. Measurements: 9¾ × 4¼ × 6 in.

No. 227. 'Tabloid' Brand Medicine Case

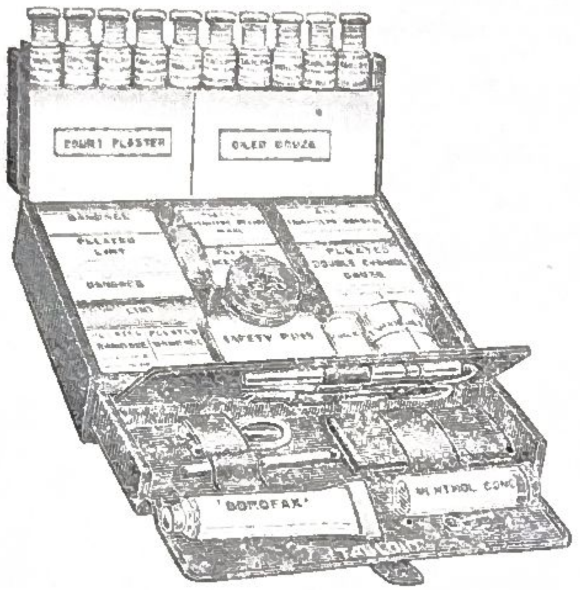
Measurements: 6½ × 3¾ × 3 in. In pigskin or in cowhide. The shape is ingenious, the case being made of two metal cups and frames covered with leather. It is arranged to contain twenty 1½ dr., twelve 1 dr., and fourteen ½ dr. tubes of 'Tabloid' and 'Soloid' Brand products. Weight, about 2 lb. 6 oz.

No. 230. 'Tabloid' Brand Medicine Case

In morocco leather or cowhide. Fitted with ten phials of 'Tabloid' and 'Soloid' Brand products, minor surgical instruments and dressings.

It provides a small but very comprehensive medical and surgical outfit for emergency use, conveniently shaped for packing in trunk or bag.

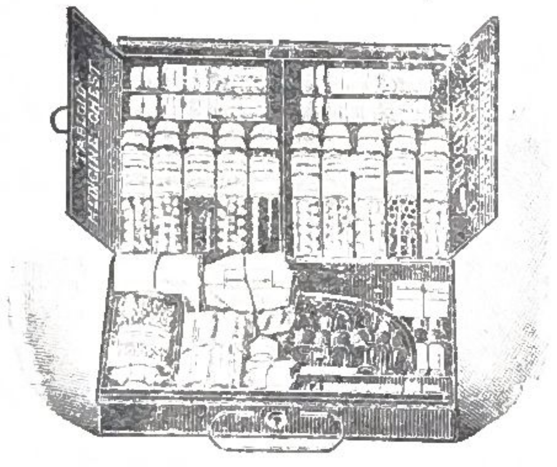
No. 230. 'Tabloid' Brand Medicine Case—*continued*



Measurements : 8 × 5½ × 2½ in.

No. 231. 'Tabloid' Brand Medicine Case (*Registered*)

This will be found an exceedingly useful Case for a small party. Made in black japanned metal. It contains fifteen 1 oz. corked phials, and one 4 oz. corked bottle, and is specially arranged to accommodate in a small space a few minor surgical instruments and dressings for emergency use. This Case was suggested by Sir W. Moore, and it can be supplied fitted with 'Tabloid' Brand products, etc., as recommended in his *Manual of Family Medicine for India*. Weight, about 6 lb. 14 oz.



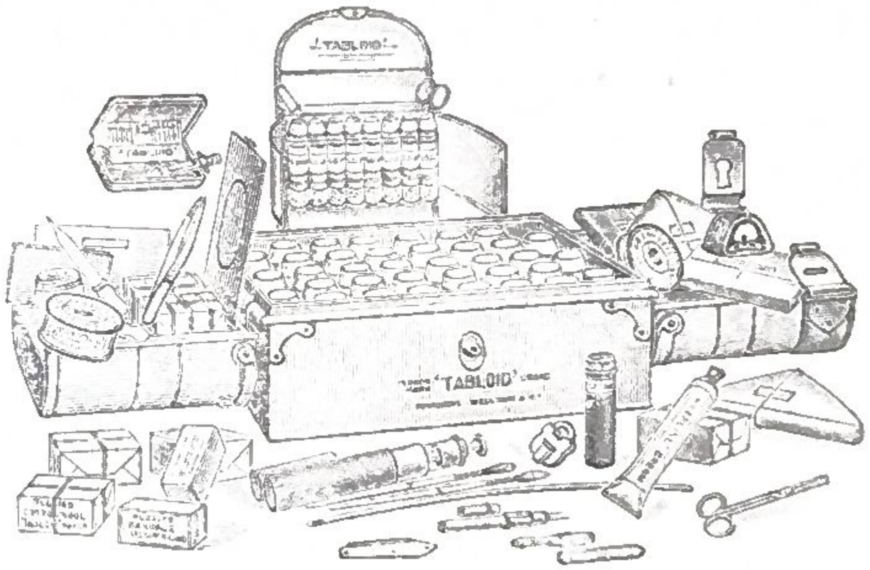
Measurements : 10¾ × 7½ × 3 in.

The following surgical accessories form an ordinary complement, but, as in the case of medicines, the particular requirements of the travellers, and the part of the world for which the equipment

is intended, must be considered in making the precise selection. Adhesive plaster, court plaster, tooth stopping, mustard leaves, menthol cones, caustic point and holder, 'Tabloid' Bandages and Dressings, safety pins, lancet, scissors, suture needles, suture silk, catheter and clinical thermometer.

No. 250. 'Tabloid' Brand Medicine Chest (The Congo)

This unique Chest is famous in all parts of the world. It embodies the highest achievements yet attained in medicine chest construction. Stanley carried chests of this pattern in his memorable later journeys into Central Africa, and since that time the No. 250 'Tabloid' Brand Medicine Chest has been associated with practically every important tropical exploring, military or missionary enterprise. The Chest is made of japanned sheet steel. It contains six 5 oz. and thirty 3½ oz. glass-stoppered bottles. The lid (in two sections) is arranged to hold supplies of dressings, bandages, minor surgical instruments, etc.



Measurements : 15¾ × 10½ × 8¼ in.

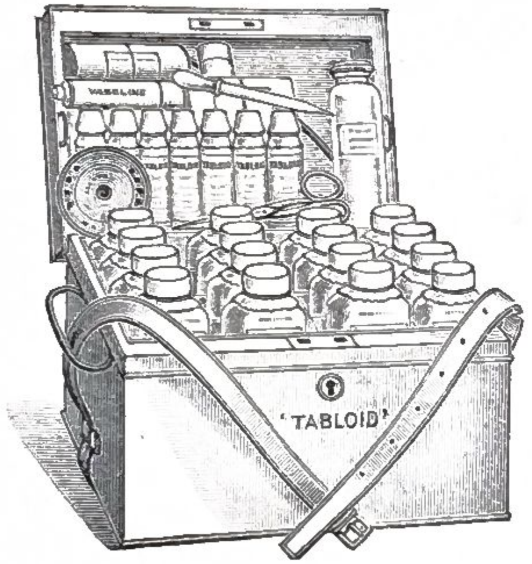
In fitting up this chest the following may be considered in addition to those already mentioned on *pages* 43 *and* 44: 'Tabloid' Sulphonal, gr. 5 (0·324 gm.); 'Tabloid' Ginger Essence, min. 10 (0·592 c.c.); 'Tabloid' Salicin, gr. 5 (0·324 gm.); 'Tabloid' Quinine and Rhubarb Compound ; 'Tabloid' Ammonium Chloride, gr. 3 (0·194 gm.); 'Tabloid' Potassium Nitrate, gr. 5 (0·324 gm.); 'Tabloid' Antipyrine, gr. 5 (0·324 gm.); 'Soloid' Chinosol, gr. 8·75 (0·567 gm.); 'Soloid' Lead Subacetate, gr. 10 (0·648 gm.); 'Tabloid' Pleated Compressed Bandages and Dressings, throat brush, oiled gauze, arm tourniquet, minim measure, additional bandages and adhesive plaster. The weight of this Chest is about 40 lb.

No. 251. 'Tabloid' Brand Medicine Chest

This Chest effects a considerable saving in weight, being made of aluminium, and fitted with forty 3½ oz. feather-weight bottles of 'Tabloid' and 'Soloid' Brand products, etc. The general design and measurements of the Chest are the same as those of the preceding pattern, and it may be furnished in a similar way. The weight is about 27 lb. Measurements: 15¾ × 10½ × 8¼ in.

No. 254. 'Tabloid' Brand Medicine Chest (The Indian)

This Chest is made in japanned metal. It contains sixteen 1¾ oz. glass-stoppered bottles, and six 4 dr. phials of 'Tabloid' and 'Soloid' Brand products. The special feature of this Chest is the extra capacity afforded by the larger sized bottles, so that medicines for a longer period, or for a larger party, may be carried. The extra accommodation which this Chest affords will allow of a wider selection of medicines than that suggested for the No. 117 Case (*see* page 42), the equipment, therefore, may also include the following or other products: 'Tabloid' Ammonium Bromide, gr. 5 (0·324 gm.); 'Tabloid' Tannin, gr. 2½ (0·162 gm.); 'Tabloid' 'Pepana'; 'Tabloid' Sodium Salicylate, gr. 5 (0·324 gm.); 'Tabloid' Ammonium Carbonate, gr. 3 (0·194 gm.); 'Tabloid' Potassium Bicarbonate, gr. 5 (0·324 gm.); 'Tabloid' Opium, gr. 1 (0·065 gm.); 'Soloid' Boric Acid, gr. 15 (0·972 gm.). The space for surgical accessories is approximately equivalent to that in the No. 231 Case. Weight, about 12 lb. As carried by the late G. W. Steevens, the war correspondent.



Measurements: 9¼ × 7 × 6½ in.

No. 255. 'Tabloid' Brand Medicine Chest

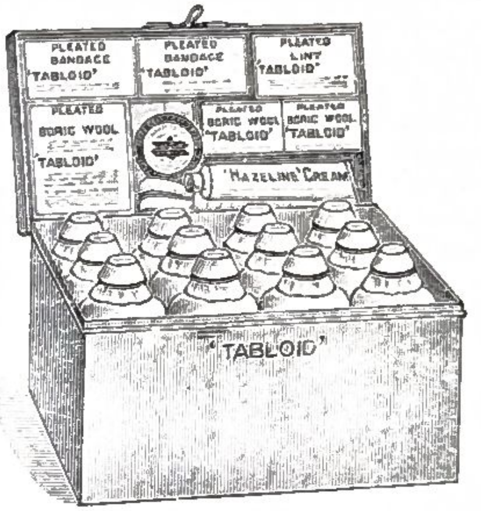
Measurements: 10½ × 6 × 7½ in. In black japanned metal. Fitted with eighteen 3½ oz. glass-stoppered bottles of 'Tabloid,' 'Soloid' and other fine products of B. W. & Co., also a tray containing useful surgical dressings and sundries.

No. 256. 'Tabloid' Brand Medicine Chest

(As supplied to the DUKE OF THE ABRUZZI'S POLAR EXPEDITION)

In aluminium. Measurements: 10½ × 6 × 7½ in. Fitted with eighteen 3½ oz. feather-weight tubes of 'Tabloid' and 'Soloid' Brand products, and a tray containing minor dressings and sundries.

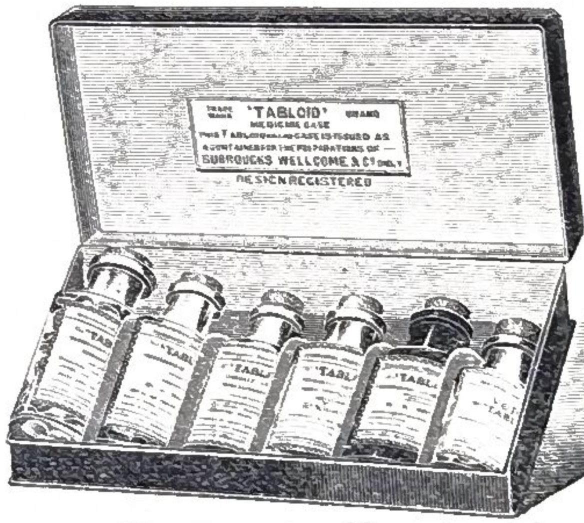
No. 258. 'Tabloid' Brand Medicine Case (The Settler's)


PLEATED BANDAGE 'TABLOID'
PLEATED BANDAGE 'TABLOID'
PLEATED LINT 'TABLOID'
PLEATED BORIC WOOL 'TABLOID'
PLEATED BORIC WOOL 'TABLOID'
PLEATED BORIC WOOL 'TABLOID'
'HAZELINE' CREAM
'TABLOID'

Measurements: 8¼ × 4¼ × 5¾ in.

A very compact and useful Case, adapted for settlers' or planters' use, and for stations, farms or camps in outlying districts. In black japanned metal. Contains twelve 1½ oz. bottles of 'Tabloid' and 'Soloid' Brand products, 'Hazeline' Cream, 'Tabloid' Bandages and Dressings, adhesive plaster, and other accessories.

No. 601.* 'Tabloid' Brand Medicine Case



Measurements: 8¾ × 4⅛ × 2 in.

Metal Case, japanned black or aluminium-bronzed outside, enamelled white inside. Fitted with six bottles (each 100) of 'Tabloid' Brand

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* *See Note on next page.*

No. 601.* 'Tabloid' Brand Medicine Case – *continued*

products: Caffeine Compound; Cascara Sagrada, gr. 2 (0·13 gm.); Dover Powder, gr. 5 (0·324 gm.); Quinine Bisulphate, gr. 2 (0·13 gm.); Soda-Mint; Voice. Space for bandage or lint.

No. 602.* 'Tabloid' Brand Medicine Case

Measurements: 8¾ × 8 × 2⅛ in. Metal Case, japanned black outside, enamelled white inside. Fitted with twelve bottles of 'Tabloid' and 'Soloid' Brand products: Aromatic Chalk Powder with Opium, gr. 5 (0·324 gm.); Blaud Pill, gr. 5 (0·324 gm.); Cascara Sagrada, gr. 2 (0·13 gm.); 'Coffee-Mint'; Ginger Essence, min. 10 (0·592 c.c.); Gregory Powder; Iron and Arsenic Compound; Menthol Compound; 'Pepana'; Quinine Bisulphate, gr. 2 (0·13 gm.); Voice; and 'Soloid' Boric Acid, gr. 6 (0·389 gm.). Space for bandages and lint.

No. 603.* 'Tabloid' Brand Medicine Case

Measurements: 6½ × 3¼ × 2 in. In Rex Red, Royal Blue, or Brewster Green enamelled metal, or in aluminised metal. Containing, in oval bottles, the following useful 'Tabloid' and 'Soloid' Brand products: Cascara Sagrada, gr. 2 (0·13 gm.); Phenacetin Compound; Potassium Chlorate and Borax; Quinine Bisulphate, gr. 2 (0·13 gm.); Soda-Mint; 'Soloid' Boric Acid (perfumed). If so desired, this assortment may be varied. It is a very handy little equipment for those who are living for a time remote from medical supplies.

* 'Tabloid' Medicine Cases, Nos. 601, 602 and 603, are supplied on the express condition that they shall be used as containers for the products of Burroughs Wellcome & Co. only, and if re-sold by the purchaser shall be re-sold on the like express condition. The acceptance of the Cases will be treated as an acknowledgment that they are sold on these terms. If the purchaser does not agree, he is requested to return the Cases at once.

No. 400. 'Soloid' Brand Antiseptic Case

This Case is made in cowhide, and measures 6¾ × 5¼ × 2¼ in. It is fitted with four feather-weight tubes of 'Soloid' Brand products, such as 'Soloid' Potassium Permanganate, 'Soloid' Lead and Opium Lotion, 'Soloid' Boric Acid, and 'Soloid' Corrosive Sublimate. Employers of labour should always have this equipment at hand to meet cases of accident. The careful treatment of a wound in the early stage is of very great importance.

A large variety of 'Tabloid' Medicine Chests and Cases is manufactured, so that the requirements either of a large or small party may be met. A selection from the list is given in the foregoing pages; particulars of others, and advice as to the supplies necessary for any climate, will be furnished upon application. Special designs of Medical Equipments are also made to order.

The small Pocket-Cases are issued in various leathers, but cowhide or pigskin is recommended for the Tropics or for hard wear.

It is of great importance to remember that the words 'Tabloid' and 'Soloid' are trade marks or brands designating fine products issued by Burroughs Wellcome & Co., and especial care should be taken to see that genuine products are supplied in response to orders.

'Tabloid' Brand Medical Equipments were awarded a grand prize at the International Exposition, St. Louis, 1904; a grand prize at the International Exhibition, Liége, 1905; a grand prize at the International Exhibition, Milan, 1906; a grand prize at the Franco-British Exhibition, London, 1908.

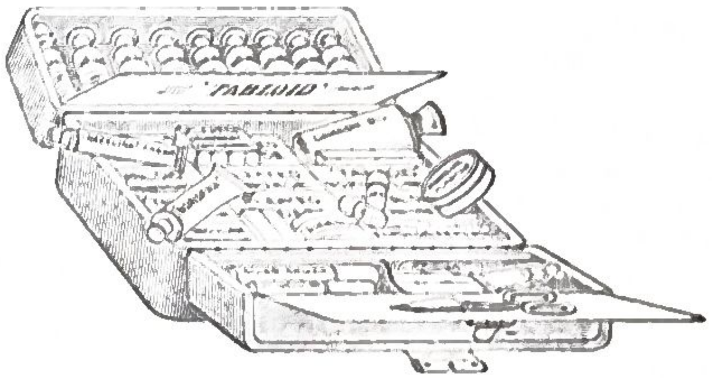
'TABLOID' BRAND FIRST-AID

For Travellers, Farmers, Planters, Miners, Missionaries, Sportsmen, and others. Compact and portable outfits of bandages and first-aid accessories, etc., suitable for use on all occasions when it is not convenient to carry the more complete 'Tabloid' Medical Equipment.

Cases and contents are of the B. W. & Co. sterling quality.

No. 702. 'Tabloid' Brand First-Aid (*Registered*)

Contains 'Tabloid' Bandages and Dressings, 'Vaporole' Aromatic Ammonia, for use as "Smelling Salts," 'Borofax,' 'Hazeline' Cream, Sal Volatile, Carron Oil Gauze, tourniquet, gutta-percha tissue, plaster, protective skin, scissors, pins, etc., and eight tubes of 'Tabloid' and 'Soloid' Brand products.



No. 702. 'Tabloid' First-Aid (*Registered*)
Measurements: 7 × 5¼ × 2¾ in.

In Rex Red, Royal Blue or Brewster Green enamelled leather.

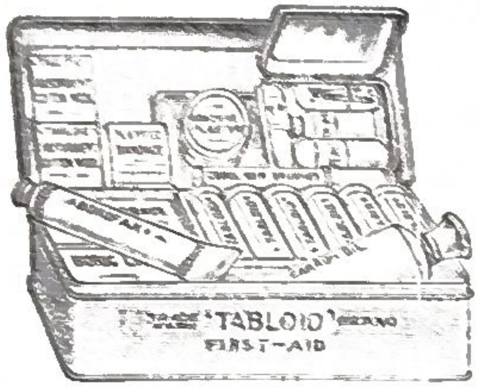
The medicinal contents of these cases are selected in view of emergency requirements, but, if desired, they can be fitted with 'Tabloid' and 'Soloid' Brand products selected so that a prescribed course of treatment may be continued whilst travelling.

No. 707. 'Tabloid' Brand First-Aid (*Registered*)

Contains 'Tabloid' Bandages and Dressings, 'Vaporole' Aromatic Ammonia, for use as "Smelling Salts," 'Borofax,' Carron Oil Gauze, Castor Oil, plaster, protective skin, scissors, pins, etc., and six tubes of 'Tabloid' and 'Soloid' Brand products.

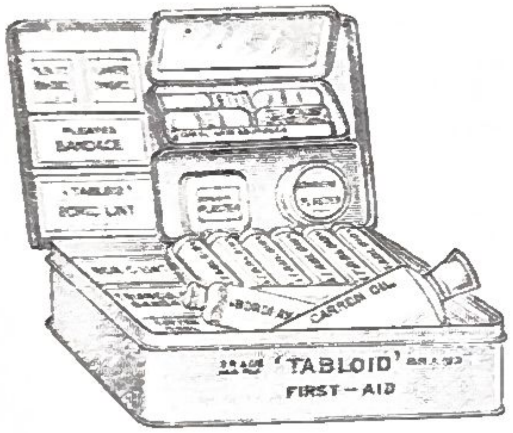
No. 707. 'Tabloid' Brand First-Aid (*Registered*)—*continued*

In Rex Red, Royal Blue or Brewster Green enamelled metal, or in aluminised metal.


'TABLOID' BRAND
FIRST-AID

No. 707.
'Tabloid' First-Aid
(*Registered*)
Measurements:
6½ × 3¼ × 2 in.

No. 712. Tabloid' Brand First-Aid (*Registered*)

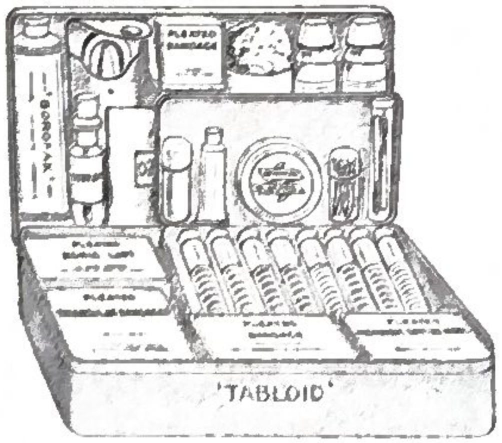

PLEATED BANDAGE
'TABLOID' BORIC LINT
BOROFAX
CARRON OIL
'TABLOID' BRAND
FIRST-AID

No. 712.
'Tabloid' First-Aid
(*Registered*)
Measurements:
6½ × 4½ × 2 in.

Contains 'Tabloid' Bandages and Dressings, 'Vaporole' Aromatic Ammonia, for use as "Smelling Salts," 'Borofax,' Carron Oil Gauze, Castor Oil, plaster, protective skin, pins, etc., and six tubes of 'Tabloid' and 'Soloid' Brand products.

In Rex Red, Royal Blue or Brewster Green enamelled metal, or in aluminised metal.

No. 715. 'Tabloid' Brand First-Aid (*Registered*)


BOROFAX
PLEATED BANDAGE
'TABLOID'

No. 715.
'Tabloid' First-Aid
(*Registered*)
Measurements:
7½ × 4¼ × 2 in.

Contains 'Tabloid' Bandages and Dressings, 'Vaporole' Aromatic Ammonia, for use as "Smelling Salts," 'Borofax,' Sal Volatile, Carron

Oil Gauze, plaster, protective skin, gutta-percha tissue, scissors, pins, etc., and eight tubes of 'Tabloid' and 'Soloid' Brand products.

In Rex Red, Royal Blue or Brewster Green enamelled metal, or in aluminised or black japanned metal.

No. 723. 'Tabloid' Brand First-Aid (*Registered*)

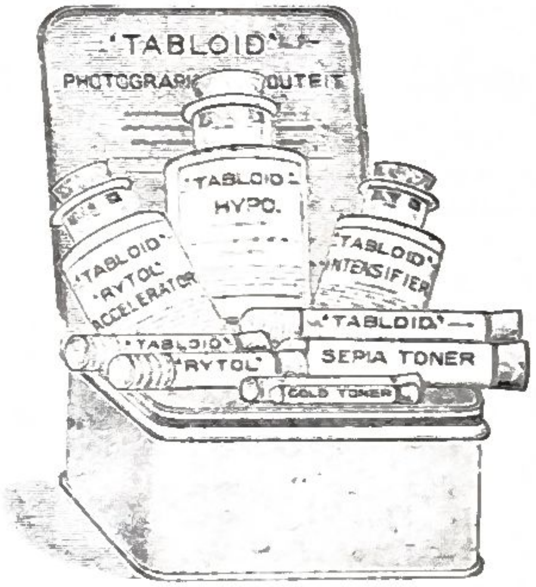
Contains 'Tabloid' Bandages and Dressings, 'Vaporole' Aromatic Ammonia, for use as "Smelling Salts," 'Borofax' 'Hazeline' Cream, Sal Volatile, Carron Oil Gauze, lancet, tourniquet, gutta-percha tissue, plaster, protective skin, scissors, pins, etc., and nine tubes of 'Tabloid' and 'Soloid' Brand products. Measurements: 8 × 5½ × 2¼ in.

In Rex Red, Royal Blue or Brewster Green enamelled metal, or in aluminised metal.

No. 905. 'Tabloid' Brand Photographic Outfit (*Registered*)

A complete compact chemical outfit for developing, toning, intensifying, reducing, fixing, etc.

Contents retain their activity in all climates and are readily soluble without the aid of special apparatus.


'TABLOID'
PHOTOGRAPHIC OUTFIT
'TABLOID' HYPO.
'TABLOID' 'RYTOL' ACCELERATOR
'TABLOID' INTENSIFIER
'TABLOID'
'TABLOID' 'RYTOL'
SEPIA TONER
GOLD TONER

No. 905. 'Tabloid' Photographic Outfit (*Registered*)
Measurements: 4 × 4 × 2⅛ in.

In Rex Red, Royal Blue, Imperial Green or Bright Scarlet enamelled metal, or in black japanned metal.

For full information regarding this Outfit and 'Tabloid' Photographic Chemicals, *see* booklet sent gratis and post free on application to BURROUGHS WELLCOME & Co.

MEDICINES

For the convenience of purchasers of 'Tabloid' Medicine Chests and Cases a list of the various medicines usually prescribed in the treatment of various diseases prevalent in tropical regions is given on the following pages. Travellers who contemplate journeying or residing in the Tropics are enabled to select from this list, with the assistance of their medical adviser, the medicines which will be most useful for their special requirements.

Aconite Tincture, 'Tabloid' Brand, min. 5 (0·296 c.c.)

'Tabloid' Aconite Tincture, min. 1 and min. ¼, are also issued.

Aloin Compound, 'Tabloid' Brand

Aloin	gr. 1/5 (0·013 gm.)
Strychnine Sulphate	gr. 1/60 (0·00108 gm.)
Belladonna Extract	gr. 1/8 (0·008 gm.)
Powdered Ipecacuanha ...	gr. 1/16 (0·004 gm.)

Ammonia, Aromatic, 'Vaporole' Brand
(Trade Mark)

For use as "Smelling Salts." Presents a solution of ammonia gas with aromatics ready for immediate use in emergencies. Each 'Vaporole' product contains a convenient quantity of solution in a capsule surrounded by absorbent material, the whole being enclosed in a covering of silk. When required, the capsule may be fractured by pressure between the fingers, and the vapour inhaled.

Ammonium Bromide, 'Tabloid' Brand, gr. 5 (0·324 gm.)

Ammonium Carbonate, 'Tabloid' Brand, gr. 3 (0·194 gm.)

Note.—The words 'Tabloid' and 'Vaporole' are brands which designate fine products issued by Burroughs Wellcome & Co.

Ammonium Chloride, 'Tabloid' Brand, gr. 3 (0·194 gm.)

Amyl Nitrite, 'Vaporole' Brand
(Trade Mark)

Antipyrine, 'Tabloid' Brand, gr. 5 (0·324 gm.)

Aromatic Chalk Powder with Opium, B.P., 'Tabloid' Brand, gr. 5 (0·324 gm.)
(Pulv. Cretæ Aromat. cum Opio)

Asafetida and Opium Compound, 'Tabloid' Brand

Asafetida	gr. 1 (0·065 gm.)
Camphor	gr. 1 (0·065 gm.)
Powdered Opium	gr. 1 (0·065 gm.)
Powdered Black Pepper ...	gr. 1 (0·065 gm.)

Astringent Mixture, 'Tabloid' Brand

Beef Juice, The Perfected Wyeth

A sustaining restorative in times of nervous stress, and a nourishing, stimulating food in sickness or convalescence. One-half to one teaspoonful, in cold water or cold milk, repeated as often as may be necessary.

Belladonna Tincture, 'Tabloid' Brand, min. 5 (0·296 c.c.)

Beta-Naphthol, 'Tabloid' Brand, gr. 3 (0·194 gm.)

Bismuth Subnitrate, 'Tabloid' Brand, gr. 10 (0·648 gm.)

'Bivo' Beef and Iron Wine
(Trade Mark)

As a restorative and stimulant, one tablespoonful may be taken twice or thrice daily.

Black Mercurial Lotion, 'Soloid' Brand

One, in one fluid ounce of distilled water, yields a solution corresponding to Lotio Hydrargyri Nigra, P.B.

Blaud Pill, 'Tabloid' Brand, gr. 5 (0·324 gm.)

'Tabloid' Blaud Pill is also issued in combination with aloin, with arsenic, with arsenic and strychnine, with cascara sagrada, etc.

Note.—The words 'Tabloid,' 'Soloid,' 'Vaporole' and 'Bivo' are brands which designate fine products issued by Burroughs Wellcome & Co.

Blue Pill and Rhubarb Compound, 'Tabloid' Brand

Mercury Pill	gr. 2-1/2 (0·162 gm.)
Compound Rhubarb Pill	gr. 2-1/2 (0·162 gm.)

Boric Acid, 'Soloid' Brand, gr. 15 (0·972 gm.) *(unscented)*

Largely used for preparing antiseptic solutions, etc.

'Borofax' Brand Boric Acid Ointment
(Trade Mark)

A soothing emollient antiseptic preparation, suitable for applying to bruises, cuts, etc. It relieves itching, and removes redness and roughness of the skin. 'Borofax' never becomes rancid.

Bromides Compound, 'Tabloid' Brand
(See Sodium Bromide Compound)

Caffeine Compound, 'Tabloid' Brand

Caffeine	gr. 1 (0·065 gm.)
Antipyrine (Phenazone)	gr. 3 (0·194 gm.)

Calcium Iodo-ricinoleate, 'Tabloid' Brand, gr. 3 (0·194 gm.), (Capsule)

Calcium Lactate, 'Tabloid' Brand, gr. 5 (0·324 gm.)

Calcium Sulphide, 'Tabloid' Brand, gr. 1/2 (0·032 gm.)

Calomel, 'Tabloid' Brand, gr. 1 (0·065 gm.) and gr. 5 (0·324 gm.)

Calomel and Jalap, 'Tabloid' Brand

Calomel	gr. 1 (0·065 gm.)
Powdered Jalap	gr. 2 (0·13 gm.)

Carbolic Acid (Phenol), 'Soloid' Brand, gr. 20 (1·296 gm.)

Carlsbad Salt, Effervescent, Artificial, 'Tabloid' Brand

One, dissolved in four tablespoonfuls of water, represents an equal volume of Carlsbad-Sprudel water in all its essential constituents.

Cascara Sagrada, 'Tabloid' Brand, gr. 2 (0·13 gm.)

NOTE.—The words 'Tabloid,' 'Soloid' and 'Borofax' are brands which designate fine products issued by Burroughs Wellcome & Co.

Cathartic Compound, 'Tabloid' Brand

Compound Colocynth Extract	gr. 1-1/3	(0·086 gm.)
Calomel	gr. 1	(0·065 gm.)
Jalap Extract	gr. 1	(0·065 gm.)
Gamboge	gr. ¼	(0·016 gm.)

Cinchona Tincture, 'Tabloid' Brand, min. 30 (1·775 c.c.)

Citric Acid, 'Tabloid' Brand, gr. 5 (0·324 gm.)

One 'Tabloid' product of Citric Acid with two 'Tabloid' Sodium Bicarbonate, gr. 5, in a glass of water, make an agreeable effervescent draught.

'Coffee-Mint,' 'Tabloid' Brand

Sodium Bicarbonate	gr. 3	(0·194 gm.)
Ammonium Bicarbonate	gr. 1/16	(0·004 gm.)
Coffee Extract	gr. 1/2	(0·032 gm.)
Cerium Oxalate	gr. 1/4	(0·016 gm.)
Oil of Peppermint	*q.s.*	

Corrosive Sublimate, 'Soloid' Brand, gr. 1·75 (0·113 gm.) and gr. 8·75 (0·567 gm.)
Highly poisonous. Use with caution.

Dover Powder, 'Tabloid' Brand, gr. 5 (0·324 gm.)

Easton Syrup, 'Tabloid' Brand, dr. 1/2 (1·8 c.c.)

'Enule' Brand Rectal Suppositories
(Trade Mark)

'Enule' Suppositories are far superior to the old-fashioned varieties. They are of a new shape, which facilitates insertion and prevents expulsion; each is covered with a protective sheath of pure tinfoil, which is removed just before use.

'Enule' Suppositories of various medicinal and nutritive agents are issued, among which may be mentioned 'Enule' Belladonna Extract, 'Enule' Gall and Opium, 'Enule' Glycerin, 'Enule' 'Hazeline' Compound, 'Enule' 'Hemisine,' 'Enule' Meat (Predigested), 'Enule' Milk (Predigested), 'Enule' Opium, 'Enule' Quassin, Amorphous, and 'Enule' Santonin, gr. 3.

Ferric Chloride, 'Soloid' Brand, gr. 10 (0·648 gm.)

Ginger Essence, 'Tabloid' Brand, min. 10 (0·592 c.c.)

NOTE.—The words 'Tabloid,' 'Soloid,' 'Hazeline,' 'Hemisine' and 'Enule' are brands which designate fine products issued by Burroughs Wellcome & Co.

Gregory Powder, 'Tabloid' Brand
(See Rhubarb Compound Powder)

Grey Powder, 'Tabloid' Brand, gr. 1 (0·065 gm.)

Grey Powder and Dover Powder, 'Tabloid' Brand, of each gr. 1/2 (0·032 gm.) and of each gr. 1 (0·065 gm.)

'Hazeline' Brand Witch Hazel
(Trade Mark)

'Hazeline' brand witch hazel is prepared from the fresh young twigs of *Hamamelis virginiana.*

'Hazeline' Cream
(Trade Mark)

An elegant astringent and emollient application.

'Hemisine,' 1 in 1000 solution
(Trade Mark)

'Hemisine,' 'Soloid' Brand, 0·005 gm. (gr. 1/13)
(Trade Mark)

'Hemisine,' 'Tabloid' Brand (Ophthalmic), 0·0006 gm.
(Trade Mark) (gr. 1/108)

Ipecacuanha deprived of its Emetic Principles, 'Tabloid' Brand, gr. 5 (0·324 gm.)

Ipecacuanha Powder, 'Tabloid' Brand, gr. 5 (0·324 gm.)

Ipecacuanha Wine, 'Tabloid' Brand, min. 5 (0·296 c.c.)

Iron and Arsenic Compound, 'Tabloid' Brand

Iron Hypophosphite	gr. 2	(0·13 gm.)
Quinine Bisulphate	gr. 1	(0·065 gm.)
Arsenious Acid...	gr. 1/50	(0·0013 gm.)
Strychnine Sulphate	gr. 1/50	(0·0013 gm.)

Iron and Quinine Citrate, B.P., 'Tabloid' Brand, gr. 3 (0·194 gm.)

Jalap, 'Tabloid' Brand, gr. 5 (0·324 gm.)

NOTE.—The words 'Tabloid,' 'Soloid,' 'Hazeline' and 'Hemisine' are brands which designate fine products issued by Burroughs Wellcome & Co.

'Kepler' Malt Extract
(Trade Mark)

The best and most largely used Malt Extract. Of great nutritive value and a powerful aid to the digestion of starchy foods.

This reliable and highly concentrated extract is prepared from the finest winter-malted barley only. Its dietetic value depends not only on its high diastatic power, but also on the albuminoids, phosphates, etc., which it contains.

One to two dessertspoonfuls, with or after food, twice or thrice daily.

'Kepler' Solution of Cod Liver Oil in Malt Extract
(Trade Mark)

Is an extremely palatable and concentrated digestible food. It far surpasses all its numerous imitations in nutritive value.

'Kepler' Solution is the ideal fat food, and is of the utmost value in wasting diseases and all debilitated conditions. Its administration is generally followed by a marked increase in strength and vitality, and by a general improvement of physique. One to two dessertspoonfuls, twice or thrice daily, with or after food.

'Kepler' Solution with Chemical Food
(Trade Mark)

Contains all the concentrated nourishment of 'Kepler' Solution combined with the tonic restorative properties of the phosphates of iron, lime, etc.

One to two dessertspoonfuls, twice or thrice daily, with or after food.

Kola Compound, 'Tabloid' Brand *(formerly known as 'Tabloid' 'Forced March')*

Contains the combined active principles of kola nut and coca leaves. It has the property of allaying hunger and thirst, and of sustaining strength without any reaction or depressing after-effects.

'Lanesine,' 'Dartring' Brand
(Trade Mark)

Soothing, emollient, employed to counteract insect stings.

Lanoline, 'Dartring' Brand
(Trade Mark)

'Dartring' Lanoline is the genuine original preparation of the purified fat of lambs' wool, and is of similar composition to the fat of the human skin. It possesses great penetrating power combined with soothing qualities, and is, therefore, by far the best basis for ointments. It will not support germ life, and its employment for wounds, cuts, etc., is a useful aseptic measure.

The 'Dartring' Brand appears on all labels of the genuine original Lanoline product.

NOTE.—The words 'Tabloid,' 'Kepler' and 'Dartring' are brands which designate fine products issued by Burroughs Wellcome & Co.

Lanoline Toilet, 'Dartring' Brand
(Trade Mark)

'Dartring' Toilet Lanoline is an excellent application in cases of roughness, redness, or abrasions of the skin. Its protective and soothing properties render it of great service in relieving the discomfort of sunburn and the irritation following exposure to wind.

Laxative Vegetable, 'Tabloid' Brand

(See Vegetable Laxative)

Lead and Opium Lotion, 'Soloid' Brand

Lead with Opium (B.P. Pill), **'Tabloid' Brand,** gr. 4 (0·259 gm.)

Lead Subacetate, 'Soloid' Brand, gr. 10 (0·648 gm.)

Livingstone Rouser, 'Tabloid' Brand

(See Quinine and Rhubarb Compound)

Magnesium Sulphate Compound, Effervescent, 'Tabloid' Brand

Magnesium Sulphate	gr. 15 (0·972 gm.)
Sodium Sulphate	gr. 15 (0·972 gm.)
Magnesium Carbonate	gr. 5 (0·324 gm.)
Solution of Ginger	min. 3½ (0·208 c.c.)

Menthol Snuff, Compound (**B. W. & Co.**)

Mercury Perchloride, 'Tabloid' Brand, gr. 1/100 (0·00065 gm.)

Mistura Alba, 'Tabloid' Brand

'Nizin,' 'Soloid' Brand, gr. 2 (0·13 gm.) and gr. 20
(Trade Mark) (1·296 gm.)

'Nizin' is a zinc salt of sulphanilic acid.

Nux Vomica Tincture, 'Tabloid' Brand, min. 5 (0·296 c.c.)

Opium, 'Tabloid' Brand, gr. 1 (0·065 gm.)

Opium Tincture, B.P., 'Tabloid' Brand, min. 10 (0·592 c.c.)

NOTE.—The words 'Tabloid,' 'Soloid,' 'Dartring' and 'Nizin' are brands which designate fine products issued by Burroughs Wellcome & Co.

Paregoric (**Camphor Comp. Tincture**), **'Tabloid' Brand** *(gelatin-coated)*, min. 2 (0·118 c.c.); min. 5 (0·296 c.c.); and min. 15 (0·888 c.c.)

Pelletierine Tannate, 'Tabloid' Brand, gr. 2 (0·13 gm.)

'Pepana' *formerly known as* PEPTONIC), **'Tabloid' Brand**
(Trade Mark)

Pepsin	gr. 1 (0·065 gm.)
Pancreatin	gr. 1 (0·065 gm.)
Calcium Lactophosphate ...	gr. 1 (0·065 gm.)

Phenacetin, 'Tabloid' Brand, gr. 5 (0·324 gm.)

Phenacetin Compound, 'Tabloid' Brand

'Phenofax' Brand Carbolic Acid Ointment
(Trade Mark)

This preparation presents the valuable antiseptic, anæsthetic and healing properties of pure phenol (of which it contains four per cent.) in combination, specially convenient for application.

Podophyllin, 'Tabloid' Brand, gr. 1/4 (0·016 gm.)

Podophyllin and Euonymin, 'Tabloid' Brand

Podophyllin Compound, 'Tabloid' Brand *(gelatin-coated)*

Podophyllin Resin ...	gr. 1/6 (0·011 gm.)
Compound Rhubarb Pill	gr. 2½ (0·162 gm.)
Green Extract of Hyoscyamus	gr. 1¼ (0·081 gm.)

Potassium Bicarbonate, 'Tabloid' Brand, gr. 5 (0·324 gm.)

Potassium Bromide, 'Tabloid' Brand, gr. 5 (0·324 gm.)

Potassium Chlorate, 'Tabloid' Brand, gr. 5 (0·324 gm.)

Potassium Permanganate, 'Tabloid' Brand, gr. 1 (0·065 gm.)

Antiseptic, disinfectant. *Use with caution.* One may be added to each pint of drinking-water containing organic matter.

Four, in two tablespoonfuls of water, approximately make the official solution of the British Pharmacopœia.

Potassium permanganate should never be swallowed in the solid form, but taken only in solution.

Quassin, Amorphous, 'Enule' Brand, gr. 1/2 (0·032 gm.)
(Trade Mark)

NOTE.—The words 'Tabloid,' 'Pepana' 'Phenofax' and 'Enule' are brands which designate fine products issued by Burroughs Wellcome & Co.

Quinine and Rhubarb Compound, 'Tabloid' Brand (*well known for many years as 'Tabloid' Livingstone Rouser*)

Jalap, Powdered ...	...	gr. 1-1/2	(0·097 gm.)
Calomel	...	gr. 1	(0·065 gm.)
Rhubarb, Powdered	...	gr. 1-1/2	(0·097 gm.)
Quinine Bisulphate	...	gr. 1	(0·065 gm.)

Quinine Bisulphate, 'Tabloid' Brand, gr. 2 (0·13 gm.) and gr. 5 (0·324 gm.)

Quinine Compound, 'Tabloid' Brand

Quinine Hydrochloride, 'Tabloid' Brand, gr. 2 (0·13 gm.); gr. 3 (0·194 gm.); and gr. 5 (0·324 gm.)

Quinine Sulphate, 'Tabloid' Brand, gr. 5 (0·324 gm.)

Rhubarb Compound Powder, 'Tabloid' Brand (*Gregory Powder*), gr. 5 (0·324 gm.)

Salicin, 'Tabloid' Brand, gr. 5 (0·324 gm.)

Salicylic Acid, 'Tabloid' Brand, gr. 3 (0·194 gm.)

Salol, 'Tabloid' Brand, gr. 5 (0·324 gm.)

Sandal Wood Oil 'Tabloid' Brand, min. 5 (0·296 c.c.), (Capsule); and min. 10 (0·592 c.c.), (Capsule)

Santonin, 'Enule' Brand, gr. 3 (0·194 gm.)
(*Trade Mark*)

Santonin, 'Tabloid' Brand, gr. 2 (0·13 gm.)

For young children, 'Tabloid' Santonin, gr. 1/2 (0·032 gm.), is provided, and one or more (followed by castor oil or other purgative) may be given according to age. Some children are very susceptible to the action of santonin, so that a small dose should always be given at first. 'Enule' Santonin, gr. 3, may be used for rectal administration.

'Saxin,' 'Tabloid' Brand, gr. 1/4 (0·016 gm.)
(*Trade Mark*)

One or two added to a cup of tea, coffee, cocoa or any draught or beverage (in lieu of as many lumps of sugar) will impart to it a sweet and delicate flavour. 'Saxin' may be used as a sweetening agent in gout, glycosuria, diabetes, obesity and other conditions where sugar is not allowed.

NOTE.—The words 'Tabloid,' 'Enule' and 'Saxin' are brands which designate fine products issued by Burroughs Wellcome & Co.

Soda-Mint (*Neutralising*), **'Tabloid' Brand**

Sodium Bicarbonate	... ...	gr. 4	(0·259 gm.)
Ammonium Bicarbonate	... ...	gr. 1/12	(0·0054 gm.)
Oil of Peppermint	... ...	q.s.	

Sodium Bicarbonate, 'Tabloid' Brand, gr. 5 (0·324 gm.)

Sodium Bromide Compound, 'Tabloid' Brand

Sodium Bromide ...	...	gr. 2	(0·13 gm.)
Strontium Bromide ...	...	gr. 2	(0·13 gm.)
Ammonium Bromide...	...	gr. 1	(0·065 gm.)
Sodium Arsenate ...	...	gr. 1/60	(0·00108 gm.)

Sodium Citrate, 'Tabloid' Brand, gr. 2 (0·13 gm.)

For the treatment of milk, to prevent it forming hard curds in the stomach. One, dissolved in a teaspoonful of water, is added to each ounce of milk.

Sodium Salicylate, 'Tabloid' Brand, gr. 5 (0·324 gm.)

Antipyretic, anti-rheumatic. One to five, swallowed with water, twice or thrice daily, after food, in acute rheumatism, gouty troubles, etc.

Strychnine Sulphate, 'Tabloid' Brand, gr. 1/60 (0·00108 gm.)

Sulphur Compound, 'Tabloid' Brand

Precipitated Sulphur ...	...	gr. 5	(0·324 gm.)
Potassium Acid Tartrate	...	gr. 1	(0·065 gm.)

Tannin, 'Tabloid' Brand, gr. 2-1/2 (0·162 gm.)

Thirst Quencher, 'Tabloid' Brand

Agreeably flavoured and palatable, stimulates the secretion of saliva, and so relieves the sensation of thirst. One or more, dissolved slowly in the mouth, as required.

Thyroid Gland (*Standardised*), **'Tabloid' Brand,** gr. 1-1/2 (0·097 gm.)

Tonic Compound, 'Tabloid' Brand

Urotropine, 'Tabloid' Brand, gr. 3 (0·194 gm.); gr. 5 (0·324 gm.); and 0·5 gramme

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NOTE.—The word 'Tabloid' is a brand which designates fine products issued by Burroughs Wellcome & Co.

'Vana' Brand Tonic Wine
(Trade Mark)

Each fluid ounce contains calcium glycerophosphate, gr. 1 (0·065 gm.), and cinchona alkaloids, gr. ⅕ (0·013 gm.)

It presents quinine in a highly pleasant and palatable form. Is a powerful tonic and invigorator, promotes healthy appetite and improves digestion; fortifies the system and increases the capacity for mental and muscular effort. Half a wineglassful, three to four times daily, before or after food.

Vegetable Laxative, 'Tabloid' Brand

Comp. Extract of Colocynth ...	gr. 1 (0·065 gm.)
Extract of Jalap	gr. 1/2 (0·032 gm.)
Podophyllin Resin	gr. 1/4 (0·016 gm.)
Leptandrin	gr. 1/2 (0·032 gm.)
Green Ext. of Hyoscyamus ...	gr. 1/4 (0·016 gm.)
Extract of Taraxacum... ...	gr. 1/4 (0·016 gm.)
Oil of Peppermint	*q.s.*

Voice, 'Tabloid' Brand

Potassium Chlorate, Borax and Cocaine Compound.

Warburg Tincture, 'Tabloid' Brand, min. 30 (1·775 c.c.); and fl. dr. 2 (7·1 c.c.)

'Xaxa' 'Tabloid' Brand, gr. 5 (0·324 gm.)
(Trade Mark)

'Xaxa' and Dover Powder, 'Tabloid' Brand, of each
(Trade Mark)
gr. 2-1/2 (0·162 gm.)

'Xaxa' and Phenacetin, 'Tabloid' Brand, of each
(Trade Mark)
gr. 2-1/2 (0·162 gm.)

'Xaxa' and 'Xaxaquin,' 'Tabloid' Brand
(Trade Mark) *(Trade Mark)*

'Xaxaquin,' 'Tabloid' Brand, gr. 3 (0·194 gm.)
Trade Mark)

'Xaxaquin' combines the specific properties of quinine and of the salicylates, without the disadvantages of the latter.

Zinc Sulphate, 'Soloid' Brand, gr. 1 (0·065 gm.)

Astringent. One or two, dissolved in an ounce of water, will be found useful as an eye-lotion, and as an injection or astringent lotion.

NOTE.—The words 'Tabloid,' 'Soloid,' 'Vana,' 'Xaxa' and 'Xaxaquin' are brands which designate fine products issued by Burroughs Wellcome & Co.

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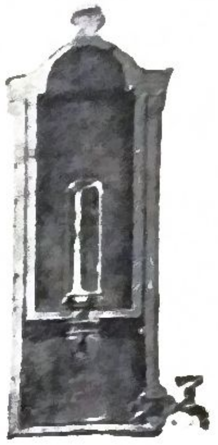
Most essential to Missionaries, Travellers, &c., who value their health, is a Traveller's Pump Filter, Pattern N.

N. Traveller's Pump Filter.

In use all over the world.

H. House Pressure Filter.

Can be obtained everywhere.



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ADVICE
of the author of this booklet to Europeans in hot climates.
(See page 4.)

"The greatest care of the teeth is necessary; they should be carefully brushed after every meal. The best dentifrice for this purpose is either **Chlorate of Potash Tooth Paste** or precipitated chalk. Fluid mouth washes are usually not strong enough."

PEBECO

BEIERSDORF'S CHLORATE OF POTASH TOOTH-PASTE
(according to Prof. Dr. UNNA)

is the best medium for keeping mouth and teeth in a healthy condition. **PEBECO** has been recommended and prescribed continually for many years by medical men and dentists, and is sold all over the world.

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London Branch: 7 & 8, IDOL LANE, E.C.

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ZnO Rubber Adhesive Plaster.

known by medical men as being superior to any Rubber plaster.

Aseptic, absolutely non-irritable and most suitable for the Tropics.

Hospitals should try **LEUKOPLAST** and they would then use nothing else. To be had in usual sizes at prices no higher than ordinary Rubber plaster.

"Leukoplast for the Tropics"

should always be specified if it is to be used in hot climates, as a specially suitable plaster is manufactured for this purpose.

Literature, List and Samples on application.

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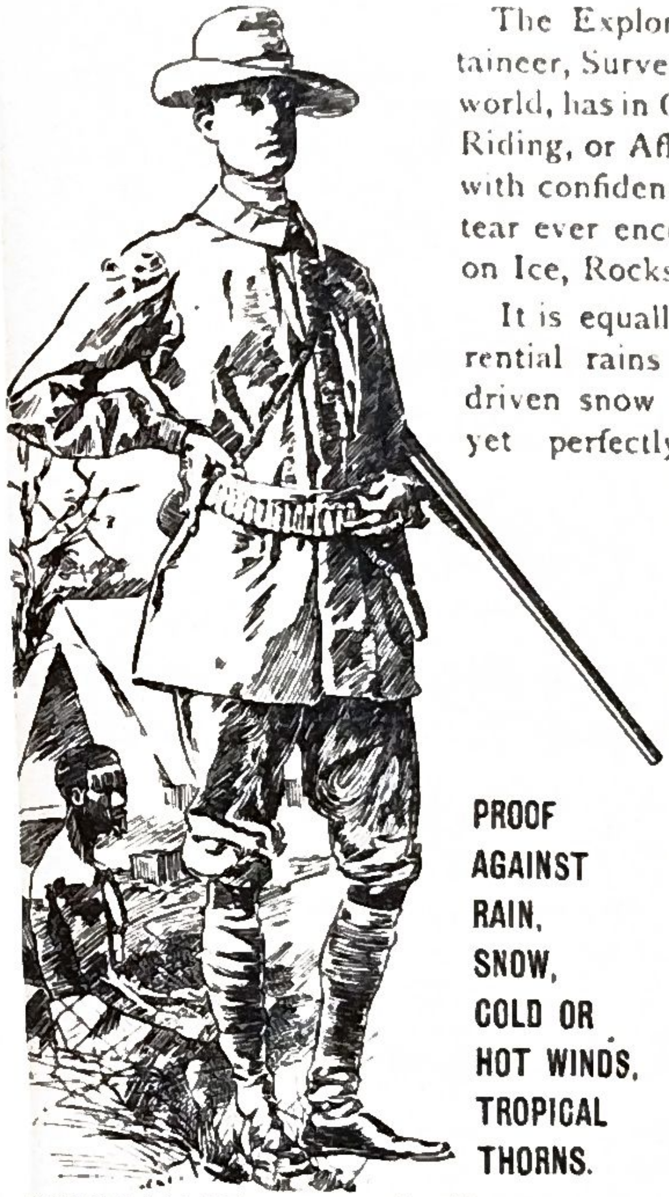

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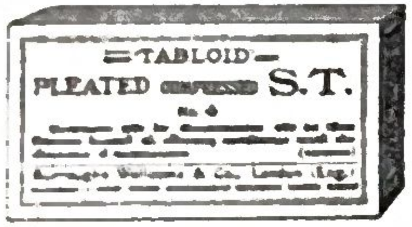

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